

North Coast
Journal
of Politics, People and Art

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WELLNESS
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Donald Forrest in *Radioman*. Read more on page 22. Photo by Wingspan Media

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Photo by Mark McKenna

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Kudos for Carol's

Editor:

I like to think of myself as a good writer, so I am always impressed with *great* writers. What a creative, funny and well-written column "Yelp Reviews of Christmas Dinner at Carol's House" (Dec. 27) was. It just sucked me in and paid off with a witty and charming story that everyone could relate to.

My step-grandfather was raised by a Chinese family in Vancouver, so one year at Thanksgiving, my grandmother made and bought Chinese food as a surprise rather than the traditional turkey and fixings. The horror! The outcry! Great job, Jennifer!

Kirk Green, Rancho Santa Margarita

Overwhelmingly Left Wing?

Editor:

I was glad to read that the "Women's Movement" is finally doing some naval-gazing after discovering that they were not representing all women ("Overwhelmingly White," Jan. 10). My observation of this movement is that they started out as an ideologically-based movement to support women everywhere. However, in the last 30 or so years, it's been co-opted by the radical left-wing movement and now it is just a political movement, adhering closely to the left-wing/Democrat platform. Thus, huge groups of women have not only been eliminated as targets of support but have actually become targets of attack.

In the article, Tina Sampay is quoted as saying, "As a black woman in Humboldt County, I did not feel represented or included at that march." Well, as a conservative Christian woman, I definitely do not feel represented, nor would I be allowed to be included in that march (if they knew who I was, since I don't agree with their premises). And while I am sure why the women of this movement would reject me, I did find it surprising that a black woman felt unsupported by them.

I believe that they have forfeited their role as protectors of all women by requiring that the women they support hold to the "party line" platforms.

I became very disappointed in the fem-

Content – A Sonnet

I awake, brew and pour coffee.
Corn bread is baking; a tequila sunrise calls.
Good music; words for a poem dance in my head.
Plans with good friends, dinner, a movie.
A warm home while others do without.
Yesterday there was ice on the ground.
A man in rags, babbling to himself
walked past my car; I would babble, too.
What is missing; not hope, nor dreams, but who
am I to talk of love? A therapist said,
"You missed the boat." I read it
in an old journal, in black and white.
To sleep, perchance to dream.
I do.

— Lori Cole

inist movement after Bill Clinton, a Democrat, was accused of rape by Juanita Broadrick and they were silent, other than Camille Paglia, who is a renegade feminist. The list of the victims of his exploitation/abuse grew but I don't remember a single feminist leader speaking out against him, even to this day, even with the #MeToo movement. I am continually appalled at how cruelly politically left-wing women attack conservative women — even crudely joking about their appearance and bodies.

Jean Damon, McKinleyville

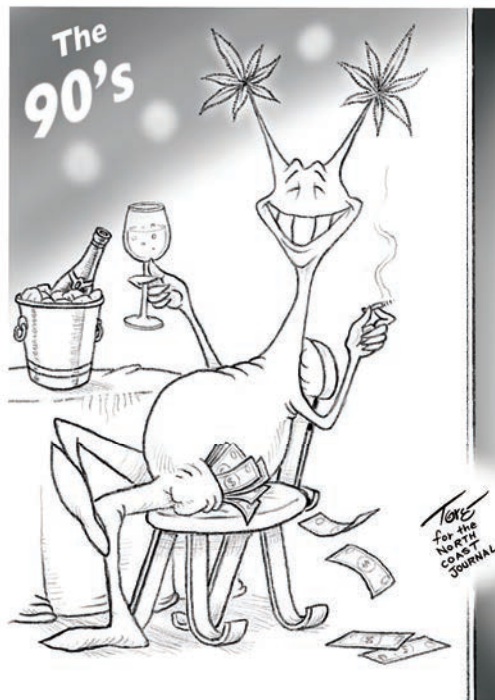
Overwhelmingly PC?

Editor:

An atmosphere has been created by the people who cancelled the Women's March of having to prove your PC perfection or don't you dare march. They are the PC Police and they have turned a march that was a high for all involved for the past two years into a battle with the only issues with validity being those defined by them.

Meanwhile, they met for over four months, did virtually no public outreach and then two weeks before the march called it off because after four months they suddenly realized they were all white and thus not qualified to organize the march. They then got people to support them by labeling Linda Atkins' march as The White Women's March. They have no knowledge of what Atkins is doing or who she is working with but that didn't stop them from a smear campaign.

They want to own and define any women's march that happens here. If every single entity in need of support is not widely supported, then the march is not



Terry Torgerson



valid. That the march is called a WOMEN'S march is lost. What if Black Lives Matter had a march and did not fully represent Native Americans, LGBTQ, Hispanics, etc.? Should they be boycotted?

Apparently so. The divisiveness that has been created is shameful and destructive. We don't need PC Police, we just need hearts and need to get together and march on the 19th and not be intimidated. Dare to be less than perfect.

Sylvia De Rooy, Indianola

March!

Editor:

It was with some dismay I read through your cover story "Overwhelmingly White" (Jan. 10), describing the hurdles faced in organizing the Women's March this year.

The original march, put on by "a group (of us) who had spent entire lives fighting for human rights ... to protest an administration that debased and acted against a broad arc of important cultural groups: indigenous peoples, people of color, the handicapped, the LGBT community, those defending the environment, and women as a whole." Legit.

It is no surprise there would be difficulties to further the collaboration. We are human, we all want to be heard and not herded like simple animals. But to boycott such a broad intentioned, visible and powerful march because an event you promoted there didn't do well (Try harder!) or you felt your group was under represented (Step up! The organizers are not perfect but they are inclusive) or that some of the

marchers were shallow in their dedication (lead by example and encourage depth) is throwing the baby out with the bathwater. It is so important to hold all of these issues up for improvement but they all carry a common element. Keeping that foundation, and our participation, is paramount to all of our struggles.

Our current president has a specific task: to distract, to incense, to divide. Therein his ilk gain and hold to power. Do not buy into it, fine-tune your passion and fit it into this bigger effort our community can rally to. Don't fade now, Eureka needs you.

Christopher Boyle, Eureka

Conspiracy?

Editor:

Here's a theory: Rachel Maddow recently had a segment on her show about Trump coming out with some really off-the-wall stuff (about Belarus, for instance, or Putin's annexation of Crimea, etc.) that wasn't on anybody's radar, anywhere in the world ... except for Russia's (Mailbox, Jan. 10).

I'd been wondering about it, too, so the suspicion took hold that Trump was somehow getting propaganda scripts directly from Russia to be trumpeted through the loudest megaphone on the planet, so to speak.

So how, I was wondering, could Putin be getting those talking points to Trump?

Well, you may have heard the seemingly unrelated stories of late about Trump

using a plain old, easily hacked cell phone for his personal and presidential calls, which seemed downright weird given he has easy access to the most secure communications on the planet.

So — and here comes the theory — it dawned on me that the mystery pipeline might just be that cellphone, which would, in my fevered imagination, of course, not be a plain old normal cellphone but a special device with a secret, highly encrypted back-door straight to Putin.

Trump could have gotten it directly from Putin during one of their several, private (ahem) meetings or from one of Putin's underlings during one of their private meetings.

Douglas George, Eureka

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The deadline to have a letter considered for the upcoming edition is 10 a.m. Monday.



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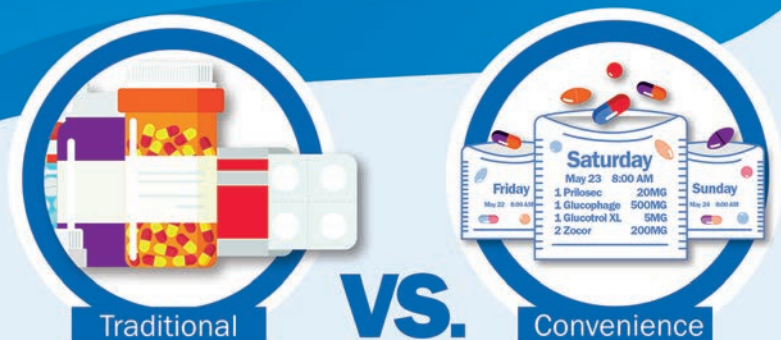
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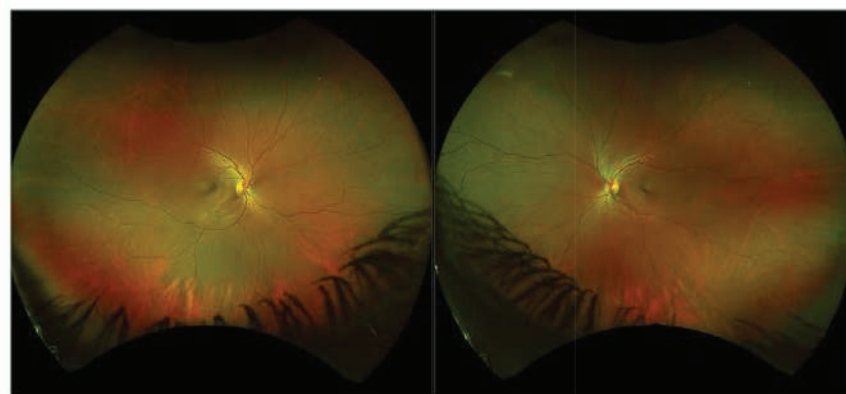
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Out of the Shadows

As heroin addiction increases,
Humboldt sees a surge in drug seizures

By Kimberly Wear

kim@northcoastjournal.com

Just three drug busts between August and November — including one of the largest in recent history — helped push the amount of heroin seized by the Humboldt County Drug Task Force in 2018 into the record books.

Over the course of 2018, the multi-agency investigative team recovered nearly 35 pounds of the drug — more than double the volume confiscated in the previous six years combined.

While more of the highly addictive narcotic is now off of the streets, the disturbing spike also speaks to the increasing stranglehold heroin has on a growing segment of the local community.

But according to Sgt. Jesse Taylor of the task force, that's only one part of a multi-faceted explanation for the sudden explosion in heroin confiscation numbers. And, he says, the North Coast is not alone in battling the incursion of a drug once relegated to the shadows but has emerged to near commonplace stature over the last decade.

In fact, according to a recent report from the nonprofit National Safety Council, a person in the U.S. now has a greater chance of dying from an accidental opioid overdose than a vehicle crash.

"Unfortunately, I think it's going to be a trend. ... I don't see this issue going away," Taylor says of the situation in Humboldt County.

Taylor says back when he first started on patrol in 2002, methamphetamine use was widespread, while heroin arrests were rare with just a "handful of addicts and we knew who they were." Now, even as meth remains "king" on the Humboldt County drug scene, its opioid cousin is gaining ground.

"It's become such a widespread thing that it's almost commonplace to see someone nodding off in their car or in a park (from heroin use)," he says. "It's unfortunate that that's what it's become."

Taylor says people struggling with

opioid addictions will often tell the same story of how they ended up on painkillers following a car accident or other medical issue, which eventually spiraled down into heroin or related drug use.

"It doesn't happen overnight but it certainly happens a lot," he says.

The shocking levels of opioid prescriptions in the county — with nearly one for every man, woman and child — and, in turn, one of the highest overdose rates in the state have long been of community concern.

According to statics from the California Department of Public Health, there were 135,617 such prescriptions made out to local residents in 2017, although that number had dropped by 17 percent to 123,616 by the second quarter of 2018.

Correspondingly, the county had the second-highest fatal opioid overdose rate in California in 2017, with 28 of the 2,196 recorded in the state happening locally, according to CDPH stats.

Preliminary data from the Humboldt County Coroner's Office show there were 26 accidental overdoses through November of 2018. While only one was solely attributed to heroin, at least 15 involved a type of opioid.

Last year, the county of Humboldt, city of Eureka and local tribes joined a federal lawsuit against some of the largest manufacturers and distributors of prescription opioids in the United States, alleging they promoted their use in a reckless way while downplaying risks of addiction and overdose.

When Humboldt Bay Fire announced in November that Narcan, a medication that can be used to reverse the deadly effects of an opioid overdose, would be carried by all apparatus, the agency noted how opioid use has "become prevalent not only throughout our community but the country."

But along with acknowledgment of the epidemic has come a backlash from

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community members, especially in Eureka, who are increasingly fed up with the scourge of needles that are now a regular sight at many parks, playgrounds and even their front yards.

One of the casualties in the increasingly tense debate was the timeline for opening an Aegis Treatment Centers site in Eureka for some 200 opioid addiction patients after a proposal to open the center on Harrison Street was dropped in April due to neighborhood concerns.

In a statement to the *Journal* on Jan. 15, Aegis' North Regional Manager Judson Lea wrote that the company is "fully committed to opening an outpatient treatment center in Eureka and we are making good progress on our search for a location but it would be premature to share any more details at this stage."

Lea stated that once Aegis has a signed lease, the company will still need to remodel and go through the licensing process with state and federal agencies.

"We remain confident that we will be able to open our treatment center/'hub' by the end of the year," the statement reads. "We look forward to partnering with the community and being a part of the solution for those seeking treatment for opioid use disorder in Humboldt."

Meanwhile, the demand for the drug remains, which brings suppliers to local streets — mainly cartels operating from Mexico up through Southern California and eventually landing in Humboldt, which is a hub for a route north into Oregon, according to Taylor.

The three busts that pushed 2018 to a new level between August and November — accounting for one-third



Heroin found concealed in a car's hidden compartment.
Humboldt County Sheriff's Office



The yield from one of Humboldt's largest heroin busts.
Humboldt County Sheriff's Office

of the year's total seizures — were all believed to be related to cartel activity, including the 9 pounds of heroin worth an estimated \$250,000 that was found in a hidden compartment of a car pulled over as the result of a year-long investigation.

Search warrants in the case yielded another 2 pounds, \$35,000 in cash and the arrests of three men in one of largest local heroin busts in recent memory.

More drugs coming in means more investigations by the drug task force, which focuses its efforts on meth and heroin trafficking, and that the agents from a wide swath of local law enforcement agencies have quite simply gotten better

at its mission, says Taylor.

Part of that is experience, he says, "the reality (of) having been exposed to (large scale) cases and gaining experience on how to work them." He notes that the word coming back from the streets is that the drug task force operations are having an impact on supply channels, at least in the short term.

Many of the investigations take weeks, months or even a year or more, he says.

But a big reason behind the cartels' movement into Humboldt is the demand, Taylor says, something that he sees as unintentionally compounded by the passage of Proposition 47, which moved the possession of heroin from a

felony to a misdemeanor, and decreased the dry-out period many users would have once gotten.

"I've talked to a lot of addicts and some of them have said, 'I preferred the old days when I had to go to jail and sober up,'" Taylor says.

Many, he says, don't want to be living this way but can't seem to shake their addiction.

"There is just this drive that really they can't help," he says. "It consumes you. You lose family over it — your children."

For now, Taylor says he expects this trend to continue. Quite simply, he says, the flood gates have opened

"It's kind of perfect storm of things that happened here in the last three or four years," Taylor says.

ADULT DAY HEALTH CARE OF MAD RIVER

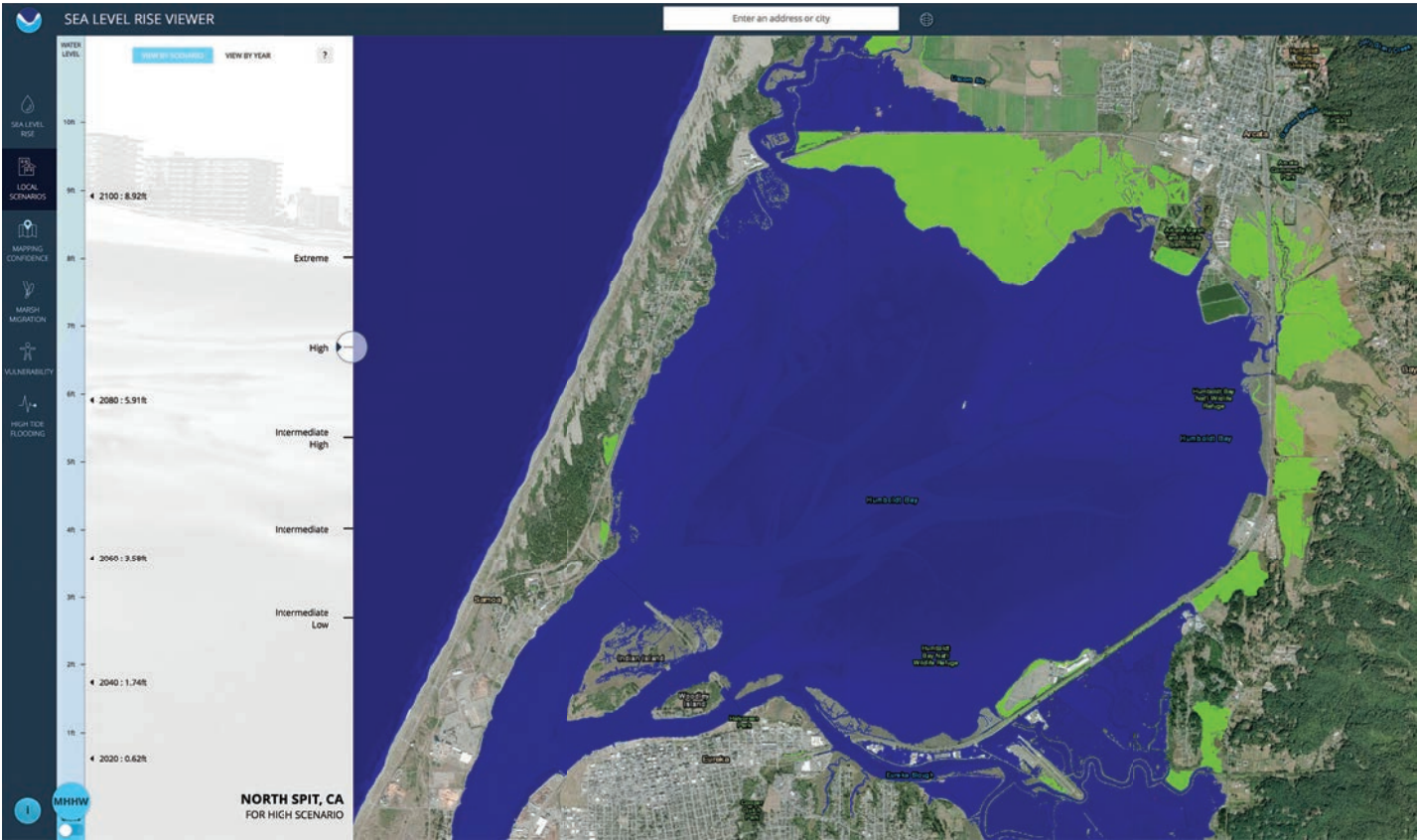
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A scenario for Humboldt Bay from NOAA's interactive Sea Level Rise Viewer.
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Officials Brace for Sea Level Rise

The ocean is rising, placing almost two-thirds of Humboldt's ag land in jeopardy

By Elaine Weinreb
newsroom@northcoastjournal.com

As sea levels inexorably rise, various public agencies have been working locally to find a defensive strategy to protect vulnerable bottomlands from inundation. This is a challenging enterprise. The cities of Arcata and Eureka, plus more than 10,000 acres of agricultural land, U.S. Highway 101, underground gas lines and electrical power lines are located in a 102-mile-long ring around Humboldt Bay. They are largely protected from the sea by a crumbling ring of earthen dikes, most of which are about 100 years old. A 3-foot rise in sea level, predicted to occur by 2050, would top some of these dikes and result in the loss of 62 percent of our agricultural lands, according to a presentation by Humboldt County Planner Lisa Shikany.

Complicating matters, no one agency is responsible for maintaining the dikes. There are 170 different landowners and the failure of even one to maintain their portion of the "bathtub" would result in everybody getting inundated.

Scientific predictions about sea level rise stretch decades into the future but it can take decades to get funding and build mammoth projects. So prudent agencies — in particular the county and the cities of Arcata and Eureka — are beginning to develop plans and policies to keep Humboldt safe and dry as the ocean rises.

The county is in the process of updating its Humboldt Bay Area Plan and wants to change some of its own internal policies to make people more aware of the realities of sea level rise. When a person buys property, the buyer must be informed before escrow closes of any existing problems that may not be obvious at the time of purchase, such as a leaky roof or nuisance neighbors. One proposal is that a property's location within a sea level rise zone could be added to this list of required notifications.

Some jurisdictions are also considering changes in code language that would restrict the kind of improvements property owners in these zones could make. Or

the buyer might have to sign an agreement saying that the city or county is not responsible if access gets cut off because of rising waters.

Naturally, some people are worried about the immediate decline of property values that could result from such disclosures. Others are worried about the effect it would have on their home insurance policies. Still others wonder if their property taxes will rise or fall, depending on what proactive solutions the county or cities take — or fail to take.

Another more drastic solution being considered is moving entire communities to higher land. At a workshop held last year by the Humboldt County Planning Department in the seaside community of Fairhaven, planners said that the greatest danger to the community was not from ocean waves but the rise of groundwater that would be pushed upward by intruding saltwater. They noted that the

Continued on page 11 »

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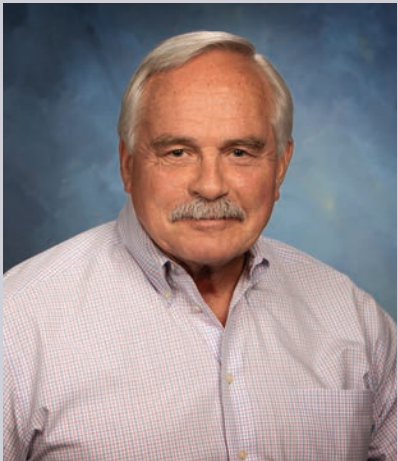
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entire community could be relocated to a location further inland. Of course, then the question arises as to who will pay for these expenses.

The county, along with other agencies, is considering forming a joint power agency to repair and restore the failing dikes. Previously, an inter-agency group, called the Humboldt Bay Sea Level Rise Working Group, met for several years to study these problems before its funding ran out. However, one major problem is emerging and it is not caused by nature but by bureaucratic conflict. Major manmade alterations to the shoreline are not permitted by the California Coastal Commission. Created by the California Coastal Act in 1972, the commission's main focus up to now has been protecting the coastline from development. So the commission has a built-in bias against manmade structures, such as dikes and levees, particularly if they impact existing wetlands.

When tidelands were first diked off from the sea to create pastures, they were at sea level. But in the decades that have passed, they have sunken and are now lower than the open water on the seaside of the dikes. It would be very difficult to drain these lands if they got flooded by seawater. However, this dire scenario could be prevented under one proposed solution by placing dredge spoils on these lands, raising their elevation, improving their drainage, and making them less vulnerable to wave overtopping. Most of these former tidelands also serve as freshwater wetlands during the rainy winter months.

"Wetland fill is not allowed by the coastal commission for a sea level rise adaptation strategy," commented Shikany at a Jan. 10 presentation to the Humboldt County Planning Commission.

Nonetheless, the Coastal Act, which is the charter for the Coastal Commission, does encourage the preservation of both agricultural land and wetlands, and it is painfully clear that both will be lost if the county does nothing to preserve them. Therefore, county planners are hopeful they can present a convincing argument to the Coastal Commission — which has given grant money to the county to study these problems — that they should make

an exception to their rules.

Bob Merrill, district manager of the North Coast District of the Coastal Commission, is confident that compromises can be found.

"We have a good relationship with the county planning department. We meet often with them, and we gave them some grant money to study these problems," he told the *Journal*. He pointed out that repairing dikes, as opposed to enlarging them, is already perfectly legal under the Coastal Act.

Repairing or enlarging dikes, however, will not solve the issue of rising groundwater, and both are very expensive undertakings. Some communities may have to choose between protecting critical infrastructure, such as sewage treatment plants, and saving all agricultural lands.

Bigger and better dikes, however, are not the only way to keep the ocean at bay. Aldaron Laird, an environmental planner who has studied Humboldt Bay extensively in recent years, has come up with some more environmentally friendly alternatives that Shikany indicated may prove workable.

"A living shoreline is a protected, stabilized coastal edge that employs the strategic placement of natural materials, such as plants, sand, shellfish or rock, sometimes in combination with harder shoreline structures that stabilize estuarine coastlines, bays and tributaries by creating an environmentally friendly buffer that protects coastlines from erosion and wave energy," said Shikany.

Unlike hard structures, living shorelines grow over time and help the environment in other ways by improving water quality, increasing oxygen levels in the water, reducing erosion, storing carbon and providing habitat for wildlife. Living shorelines perform better during major storms and cost less than "hard" shorelines, Shikany said. The East Coast has been the leader in developing this method of protecting its shores.

There are many ways of creating living shorelines. Some begin with berms of cobbled rocks that disperse the energy of waves. They can be used on open shorelines, in the quieter waters of sheltered areas or at the base of existing dikes, all

of which would protect shores against erosion.

Marsh sills are another natural means of protecting shorelines. They are low walls of rock fragments, placed in the water parallel to existing shorelines. Sand and sediment accumulate between the sill and shoreline, and the area becomes vegetated. Wave action impacts the sill rather than the original shoreline.

Tidal benches are gently sloping "dissipative benches" made of salt marsh and mud flat. They dissipate wave energy, provide good intertidal habitat, stabilize shorelines and create good resting places for migratory birds along the Pacific flyway. They work well in combination with sills. Reefs can also be made out of oyster shells and living oysters. They encourage the growth of other plants and animals, and can adapt well to rising sea levels.

Since October, county planning commissioners have listened to several presentations on these topics but have yet to come to any definitive solutions. These presentations have come at the end of long planning commission sessions dedicated to other business and have not received much public attention. The purpose seems to be to give the commissioners time to study the issues and debate policy.

Shikany says that a future workshop on sea level rise will be held specifically for the general public and that it will be widely publicized beforehand. She pointed out that two workshops held last year in Fairhaven and King Salmon were well attended.

When the Planning Commission settles on its policy recommendations, they will be presented to the Humboldt County Board of Supervisors as part of an update to the county's Local Coastal Plan. This will, in turn, be presented to the Coastal Commission for approval.

Elaine Weinreb is a freelance journalist. She tries to re-pay the state of California for giving her a degree in environmental studies and planning (Sonoma State University) at a time when tuition was still affordable.



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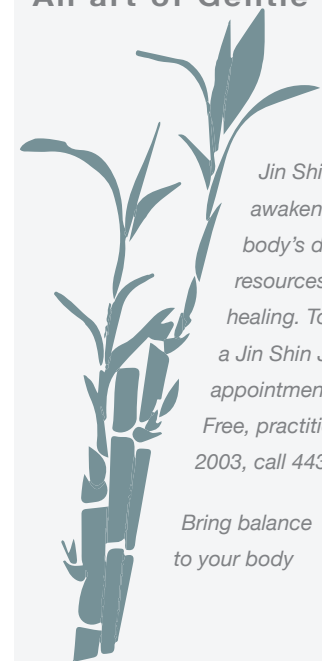
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The Connection is a community wellness center that is funded by the HPRC Arcata Dispensary. At The Connection community members will find a wide array of health and wellness classes including special monthly workshops. These classes are currently free to all community members regardless of their shopping preferences or cannabis use. This inclusive wellness center is driven by the goal to help cultivate

a happy and healthy Humboldt County. Class offerings include yoga, tai chi, zumba, massage, self reflection, music therapy, artwork, cooking classes, herbal classes, and many other wellness topics.

In addition to providing health and wellness classes, The Connection participates in the local economy of Eureka by having a local procurement policy and supporting Art's Alive Eureka. Each month HPRC provides a space for local artists to display and discuss their work with community members. The wellness center has helped invigorate the downtown area of Eureka with increased foot traffic, including community walks that take place every week. The Connection continues to expand its services including Tea Time with Nurse Laura and our HPRC Cannabis Consultants.

During this event community members can learn more about cannabis products and how cannabis can be a helpful tool in wellness.

HPRC will be opening a second cannabis dispensary located in Eureka in early 2019. The continued support of our community to shop with our Arcata and Eureka dispensary is a direct investment back into Humboldt County by funding The Connection HPRC monthly events. Our goal is to continue to provide free community classes and further expand services. To learn more about The Connection and HPRC Dispensaries visit TheConnectionHPRC.com or HPRCHumboldt.com. We are grateful for the support from Humboldt County over the last 20 years of operations, and we are looking forward to the next 20 years of promoting a healthy Humboldt County.

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On Murder Mountain

By Thadeus Greenson

thad@northcoastjournal.com

Repeatedly over the last few weeks, I've been asked for my impressions of *Murder Mountain*, the six-part docuseries looking at Humboldt County's cannabis industry released on Netflix last month. The short answer? It isn't worth your time.

At this point, you've probably seen that the Humboldt County Sheriff's Office has blasted the series as a "one-sided" and "highly sensationalized," saying it relied on "biased sources" when piecing together the story of Garret Rodriguez, a San Diego man found in a shallow grave in Alderpoint after a vigilante group tortured his alleged murderer until he led them to where he'd buried Rodriguez's body. The series cast Humboldt County in a "dark light," the sheriff's office said.

You may have also heard from folks putting their all into making the regulated recreational cannabis industry work for them. Just last week, one of them sat in my office and lamented the inclusion of Jason Dookie, whom the series documented celebrating receipt of a county cultivation permit by taking bong rips behind the wheel of his car in the planning department parking lot. (The series also showed him reneging on a contract and later bragging about physically beating an employee.) That's not a good look for a black market industry trying to recast itself as buttoned up and professional.

Personally, I think sunlight is the best antiseptic. While Dookie's behavior is the antithesis of what Humboldt County's cannabis industry should aspire to, it's real and shouldn't be ignored or swept under a rug.

But that hits at the crux of my *Murder Mountain* problem: Too little of it is real. At least it's hard to know exactly what's real and what isn't.

As the news editor of the *Journal*, I'm keenly aware that journalism is based on trust. If you catch me playing fast and loose with the basic facts of the story, how are you going to trust that I haven't left out crucial information, let alone that the anonymous source I quote is, in fact, a living, breathing person whose views I've represented accurately? If I abuse your trust, you probably won't believe anything else I have to say.

In my view, that's where *Murder Mountain* falls, and falls hard.

In the first episode, the series notes Humboldt County's high rate of missing person reports and repeatedly flashes the cover image from our Feb. 1, 2018, story, "The Humboldt 35." But while the series quotes someone breathlessly pondering whether there is a serial killer on the loose in Hum-

boldt, it fails to offer any deep analysis of why people go missing here at an alarming rate or the flaws in the systems that track them. Analysis, after all, is complex and nuanced. The sensational prospect of a serial killer, on the other hand, is gripping.

There's the Eureka police officer the filmmakers capture eyeing a bus stop and warning of how people arrive in town only to be met by a swarm of human sharks, waiting to mug or traffic them. Perhaps I'm naïve but I've been reporting the news in Humboldt County for more than 15 years at this point, and I can't recall a single story about any such occurrence.

Just because someone says something that sounds scary doesn't mean it warrants reporting. Verification, after all, is one of the tenets of good reporting.

Then there's a host of little things. Take, for example, a brief montage of shots the filmmakers offer as a part of its timeline of the Rodriguez case in December of 2013. They flash the date, followed by an image of the *Journal*'s "The Humboldt 35" cover, then a poster demanding justice for David Josiah Lawson. Again, that *Journal* cover was printed in 2018. Lawson was fatally stabbed in April of 2017, in a case that has absolutely nothing to do with missing persons or cannabis. This montage was about manipulating viewers' emotions, not a factual narrative.

These are just a few of many examples of choices the filmmakers made that combined to shatter my trust and leave me questioning virtually every other aspect of the series, from the dramatic reenactments to the anonymous sources. And that's a shame.

The Rodriguez case is real and warrants real, thorough and responsible coverage. Our missing persons epidemic is real, and warrants real, thorough and responsible coverage. The historic violence and environmental destruction of the cannabis industry are real and warrant real, thorough and responsible coverage. And the county's current painful transition toward a regulated industry is real, and warrants real, thorough and responsible coverage.

Murder Mountain fails to deliver on any of these. I suspect that's partly because the filmmakers were much more focused on telling a compelling story than an accurate one. Perhaps the biggest shame of all is there's no reason we couldn't have had both.

Thadeus Greenson is the *Journal*'s news editor. Reach him at 442-1400, extension 321, or thad@northcoastjournal.com. Follow him on Twitter @thadeusgreenson.



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Recovery Effort Faced ‘Treacherous Terrain’ at Wedding Rock

The effort to recover the body of a 33-year-old Arcata woman who went missing Jan. 12 near Wedding Rock in Patrick’s Point State Park took most of Jan. 14 and included dozens of people.

“Ground search crews and a U.S. Coast Guard helicopter began searching for the hiker again on Jan. 14 at 8 a.m.,” the Humboldt County Sheriff’s Office stated in a press release.

Multiple agencies and volunteer organizations struggled in grueling conditions to recover the woman, whose body was located about 220 feet down in the bottom of a crevice east of Wedding Rock.

The first night of the search had to be put on hold due to “treacherous terrain, dangerous conditions and darkness,” the Humboldt County Sheriff’s Office explained. Late the next morning, the searchers found the woman’s body.

But then it needed to be gently hauled up a narrow crevice.

“It went as smooth as we could possibly hope getting her out before dark,” Kai Ostrow of the Southern Humboldt County Technical Rescue said about the recovery.

The recovery began the night of Jan. 13, when searchers with Eel Valley Technical Rescue, State Parks and Cal Fire were able to locate two possible spots where the woman might have fallen, he said. The per-

son who was with the hiker when she was lost was able to help them narrow down the search area. But, because of the conditions, they needed to wait for daylight to continue the search.

“They absolutely made the right choice in holding off,” said Ostrow. “Even in daylight, it was sketchy out there.”

On the morning of Jan. 14, Southern Humboldt Tech Rescue arrived on the scene about 9:45 a.m. They were assigned to search one of the crevices. “We were crawling through huckleberry [bushes to find her],” Ostrow said.

He explained that the area off trail near Wedding Rock had many dangerous areas in it, including several crevices that could easily swallow an unwary hiker. When they got to the fissure they were assigned to explore, they found it was very deep and narrow. “It was a tight crevice in there,” Ostrow explained. “There was a lot of different ways to fall into it ... It took a while to get the [rope] system rigged up.”

When the team reached the bottom, they located the woman’s body. However, the crew ran into difficulties. “We couldn’t even have radio contact being down underground like that,” Ostrow explained.

They eventually had to stabilize one of the crew members part way down. That person could get radio reception and relay messages to the crew at the bottom.

Justice for Josiah



People lay out roses in front of the Humboldt County Courthouse on Jan. 15 during a candle-light vigil for David Josiah Lawson, the 19-year-old Humboldt State University sophomore fatally stabbed April 15, 2017, at an off-campus party. On the 21-month anniversary of his killing, the case remained unsolved. Read more and see a full slideshow at www.northcoastjournal.com. Photo by Mark McKenna

The team carefully raised the woman’s body to the surface.

Once they got to the top, they needed to get the woman to the Humboldt County Coroner’s Office van through thick brush. An inmate crew chainsawed through enough of it to allow the team to carry the woman out.

“We didn’t want to leave trails,” Ostrow said. But, they needed to be able to walk rather than crawl out. “We used [the inmates] selectively,” he said. “They cleared our exit to help get her out.”

— Kym Kemp

POSTED: 01.15.19. Read the full story online.

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For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.

Humboldt Loses Two Pillars: Humboldt County was jolted Jan. 12 and Jan. 13 by the deaths of two longtime community members and pillars of the local business community. J Warren Hockaday, who helmed the Greater Eureka Chamber of Commerce for 14 years, died Jan. 13. He was 70. Tony Smithers, the longtime executive director of the Eureka-Humboldt Visitors Bureau, died Jan. 12 at his home. He was 58. Read more about both men at www.northcoastjournal.com. POSTED 01.14.19

Search Suspended: Efforts to find a missing 32-year-old Canadian hiker on the Lost Coast were suspended Jan. 12, with officials describing an intensive search by members of eight local agencies that was hampered by “bad weather, high tides and large surf.” Rick Raymond Eastep, of Ontario, sent a text message indicating he’d been injured while hiking. A backpack and supplies were later found by rescue crews and appeared to have been washed up by the surf. POSTED 01.12.19

Volunteers Needed: The Humboldt Housing and Homeless Coalition is seeking volunteers to participate in its biennial count of people experiencing homelessness locally. The Jan. 23 count is dependent on volunteer participation and tries to quantify the number of people living without shelter on a single night. Its results are linked to funding for local homeless services. For more information or to volunteer, contact Robert Ward at 441-4035 or RWard@co.humboldt.ca.us. POSTED 01.09.19

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Digitally Speaking

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The amount of tourism marketing funding that the city of Eureka is considering repurposing from its current contract with Eureka-Humboldt Visitor’s Bureau. The city council had been slated to discuss the matter Jan. 15 but postponed the conversation to next month after the unexpected death of bureau Executive Director Tony Smithers. Read more at www.northcoastjournal.com POSTED 01.14.19

They Said It

“As promised, Gov. Newsom is aiming high with bold approaches and new initiatives launching California forward by investing in our shared priorities.”

— North Coast state Sen. Mike McGuire in a statement applauding Gov. Gavin Newsom’s \$209 billion proposed budget, which would increase funding for schools, healthcare programs and the fight against homelessness. Read more at www.northcoastjournal.com. POSTED 01.10.19

Comment of the Week

“I heard the snail deleted Hillary’s emails in the basement of a child sex slave pizzeria while watching the Zupruder film...”

— Daniel Aberle commenting on a Journal Facebook post about last week’s Washed Up column, “The Violet Snail Conspiracy.” POSTED 01.14.19

WOO-WOO AND THE HAMMER

ResolutionCare and its mission to revolutionize the system

Story and Photos by Thadeus Greenson

thad@northcoastjournal.com

River rocks, each representing a ResolutionCare patient who has died, hang from a Manzanita branch in the health care company's office.

The weekly staff meeting begins with the ringing of a Tibetan prayer bowl. ResolutionCare's entire staff — social workers, administrators, nurses, community health workers, clinicians, a chaplain, an "office synergist" and an IT specialist — crowd around a pair of tables pushed together as if a few people showed up unexpectedly for Thanksgiving dinner. Other employees video conference in from Mendocino, Del Norte and Shasta counties. Someone lights a candle and passes it around, inviting everyone to "check in" as waft of smoke drifts around the homey open floor plan office

crammed with desks and computers. With the candle passed, someone takes out a stone — a small river rock with a hole drilled through it that's tied to a string — rubs it and begins passing it around the table. The stone represents a current or former ResolutionCare patient who died that week and each staff member takes a moment to rub it in his or her hands, to feel its weight and to share a remembrance of or a lesson learned from the recently departed.

"By the time the stone gets all the way around the room, it's warm to the touch," says Michael Fratkin, a palliative care doctor who launched ResolutionCare in

2014 searching for a healthcare model that better cared for patients and staff alike. "The next step of the meeting is we offer a poem or some such reflective stuff, a reading, a quotation, whatever. Then, we switch the meeting to an all-aboard operational meeting. But as we make that switch, the candle remains lit and the sacred space of honoring each other, of listening and respecting each other — we keep that sacred space open to connect the kind of woo-woo spiritual stuff we're doing with the practical hammer swinging."

Another ringing of the Tibetan prayer bowl calls the staff meeting to a close,

after which the staff returns to ResolutionCare's mission of "bringing capable and compassionate care to everyone everywhere in the face of serious illness."

At the center of ResolutionCare and its ritualized staff meetings stands Fratkin, a softspoken yet talkative man who can be seen as some kind of amalgamation of guru, savant, physician and insurgent. To hear those around him tell it, Fratkin has a unique ability to inspire people, to empower them to be their best and to embrace the possible. There's a magnetism about him, they say.

Continued on next page »

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On the Cover

Continued from previous page



Palliative care physician Michael Fratkin sits in a ResolutionCare teleconference room.

Take ResolutionCare chaplain Carl Magruder, who was driving to work in the Bay Area one day when he heard NPR interview Fratkin and said he instantly wanted to work for the man.

"I said to myself, 'If that guy ever needs a chaplain,'" Magruder recalls with a laugh. "He's an iconoclast, someone who shatters molds."

When ResolutionCare launched in 2014, it consisted of little more than Fratkin, a community health worker and some furniture they'd brought from home and stuck in an office space donated by Wahidullah Medical Corp., which owns Redwood Urgent Care. A bit more than four years later, it has three dozen or so employees and serves almost 200 patients in four counties.

In Fratkin's eyes, the rapid expansion underscores the need for what ResolutionCare offers its patients and staff:

intensely personalized care and a collaborative, nurturing work environment. Both were born of Fratkin's own professional burnout.

Now in his mid 50s, Fratkin got a medical degree from Oregon Health Sciences University in Portland before coming to Eureka's St. Joseph Hospital in 1997 to practice palliative care, defined as a treatment that relieves or lessens pain and negative systems without necessarily attacking their causes or seeking a cure. It's similar to hospice but differs in that hospice is limited to patients with terminal diagnoses and less than six months to live who have ceased any curative care, while palliative care is more open. While it is limited to those with serious and often terminal illness, palliative care

"Everyone's a widget, everyone's a gear grinding against the messy experience of human existence, so patients aren't getting what they need and people inspired to help people, to show up for people, are being burned out."

patients need not ceased other treatments to qualify.

Palliative care can be seen as a collision of health and wellness, where a patient with a dire health prognosis is empowered to find a sense of well-being as they live out

their final days, months or years.

Here's how Fratkin describes his approach to new patients: "I let them know who I am and explore who they are. I help them understand the totality of their circumstances. I identify with them what's most important to them, what matters to them given all the things that can't be changed or can't be known about their future course. Then, I roll up my sleeves

and let them tell me what my job is.”

But as Fratkin entered his second decade on the job, his frustrations mounted. He increasingly felt palliative care’s goals — empowering patients to set their own priorities, to chart their own course — conflicted with a “siloed, commodified, transactional” healthcare system designed to cure ailments but not necessarily to treat people. And within that system, Fratkin says he began to burn out. He found himself at odds with other physicians, increasingly isolated, feeling an ever-growing pressure on his shoulders.

“I’m not alone,” Fratkin says, pointing to studies, like one from the Mayo Clinic in 2015, showing that more than half of the nation’s physicians and nurses show signs of burnout. “Everyone’s a widget, everyone’s a gear grinding against the messy experience of human existence, so patients aren’t getting what they need and people inspired to help people, to show up for people, are being burned out.”

Asked what that looked like for him personally, Fratkin says if you asked people around him at the time, they’d say he was surly, ego-driven and frustrated, but he says he often just felt sad and depressed. He felt there had to be a better way, both for patients and those caring for them.

ResolutionCare Operations Director Amy Bruce and nurse Lauri Rose are sitting at the office’s conference table, which is really a repurposed dining room table from someone’s home that now has a black, skull-clad runner down its center anchored by a poinsettia plant. Both have spent decades in health care, Bruce most recently as an administrator at Planned Parenthood and Rose as a nurse at Redwood Memorial Hospital, a hospice volunteer and with Southern Trinity Health. And both came to ResolutionCare precisely because it was trying to do something different.

They’re trying to describe a day in the life at the office. At the core of ResolutionCare’s work, they say, are interdisciplinary teams consisting of a nurse, a provider, a social worker, a community health worker and a care coordinator who are assigned to patients. The teams meet and discuss every aspect of a patient’s care and how to best meet his or her priorities. To hear Bruce tell it, a lot of the work is about helping patients manage and navigate their care, making sure it fits with their goals and desires.

It’s important to remember, Bruce says,

Continued on next page »

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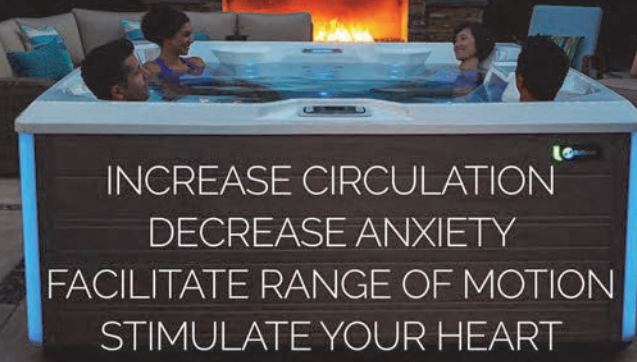
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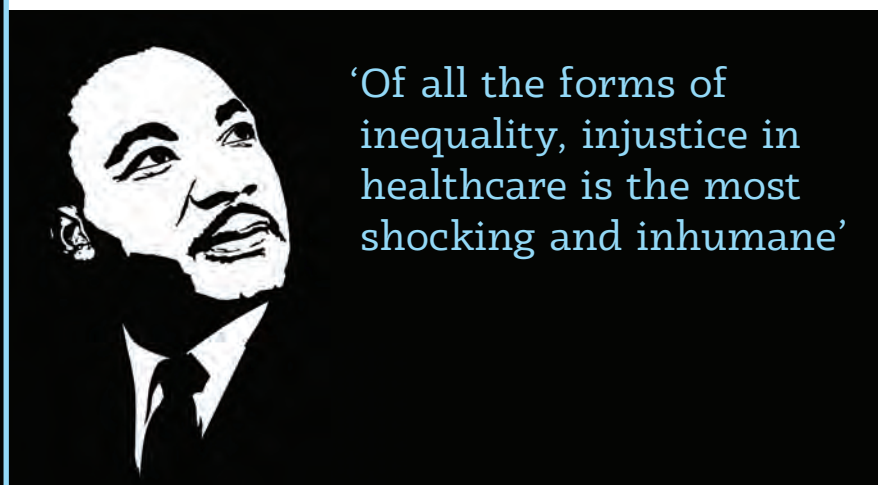
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On the Cover

Continued from previous page

that a lot of patients aren't familiar with the systems that come to dominate their lives.

"For a cancer patient, it's like you're dropped on Planet Cancer," she says. "You're supposed to know how to do cancer but you don't."

So the team helps its patients navigate the new terrain and the ways it intertwines with and disrupts other aspects of their lives. A lot of ResolutionCare's patients are low-income, qualifying for the company's services through a relatively new law requiring that Medi-Cal cover in-home palliative care for qualifying patients. Consequently, a lot of the team's work revolves around helping patients deal with housing and food insecurity, and getting the little things that they can't afford but would improve their quality of lives.

For Don Brown, who spoke to the *Journal* last year, relaying that he'd found ResolutionCare after suffering five pulmonary embolisms, two strokes and 18 deep vein thrombosis, in addition to having a fully clogged artery in his heart, that meant getting him a lounge chair in which he could recline and elevate his legs, taking pressure off his delicate veins. For other patients, it's finding them the walker insurance won't cover. For one woman who was working full-time until recently being diagnosed with a serious heart problem, it meant helping her sign up for food stamps, general relief and long-term disability. It means picking some patients up and taking them to appointments, or repeated calls to remind them to take their medication.

Bruce says a lot of people might wonder why it should be a healthcare provider's job to cajole people into keeping up with their medication regimens. She counters that keeping patients healthy is inherent to their mission and that it reduces overall costs to the system.

"If we don't help a patient take their pills, they're going to end up in an ambulance and the emergency department," Bruce says flatly. "That's the other option."

And while ResolutionCare's model centers around in-home video conferencing, allowing clinicians to check in with patients regularly without disrupting their lives, much of the team's focus is on the non-medical aspects of having a serious illness. The focus, they say, is often on helping patients make informed decisions and live their best lives.

That takes some unusual forms. Rose points to one patient who for years has collected recyclables for a living — plucking them from dumpsters and trash cans and collecting them to take down to the

recycling center. The man didn't have a car and had gotten too sick to haul the recyclables to the center himself. But recycling had become part of his identity and the piles of bottles and cans around him were causing stress.

"This is who he is," Rose says, "so we're going to figure out a way to help him get that recycling to the center."

Another guy wanted to spend as much of his limited time in this world fishing. "So," Rose says, "sometimes we went and met him at the river."

Magruder, the chaplain, recalls taking a man who'd grown up on a farm to the local petting zoo to give him a taste of his childhood, taking another guy to ride on a train. Then there was the woman who'd been bedridden inside her small trailer for years.

"Healing is available even when a cure is not. ... pain is inevitable, perhaps, but suffering is optional."

"We arranged for her to be strapped to a gurney to go out in her front yard to feel the sun on her skin," he says, pausing a moment to reflect. "Healing is available even when a cure is not. ... pain is inevitable, perhaps, but suffering is optional. From a spiritual standpoint, it comes back to healing. There are people (in our care) who are more well than they have ever been, more full of gratitude, more free of fear, more full of forgiveness in their personal relationships."

Having been a part of ResolutionCare for a couple of years now, Rose says it's clear to her this is a model to follow, not just in palliative care. After all, if this can be done for the seriously ill and dying, why shouldn't it be done for pregnant mothers, children and families?

"This is just good medicine," she says, referencing medical care that wraps around people, seamlessly integrating their care with the rest of their lives. "This is what everyone wants."

Fratkin is posing for a picture, sitting in a teleconference room tucked in the back of the ResolutionCare office. There's a custom-made wood bench shaped in an arch, which lets multiple team members conference with a patient. Bamboo erupts from a pot in the corner next to a



The ResolutionCare office in Eureka.

meditating gnome statuary. The back wall is covered in blue wallpaper with fluffy white clouds. Fratkin asks the photographer to make sure a B Corp sign makes it into the shot.

The B Corp certification is a point of pride for Fratkin. The nonprofit B Lab certifies for-profit companies as B Corps that meet certain standards for environmental performance, accountability and

transparency, somewhat akin to a Fair Trade stamp for coffee. A big part of the reason ResolutionCare qualified for the designation is its approach to taking care of its employees — whom Fratkin says he prefers to refer to as “co-workers.”

There are a host of ways the company strives to care for its caregivers, Magruder

Continued on next page »



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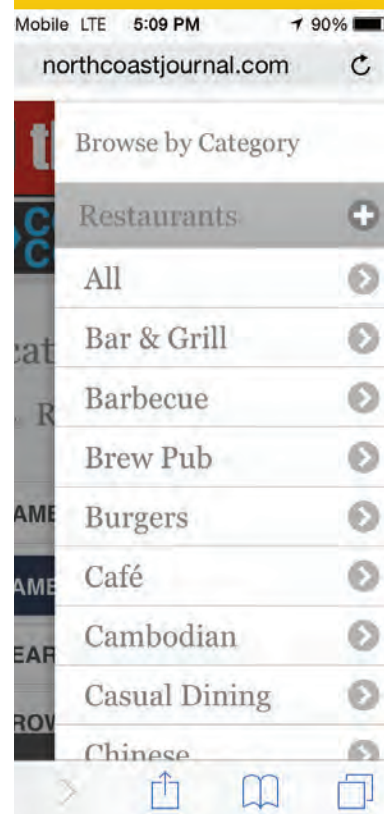
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On the Cover

Continued from previous page

says. There's the measurable stuff — it offers competitive pay, insurance and retirement benefits, counseling services and the flexibility to work around family demands. But just as important, Magruder says, is its democratic, team-based approach to the work that makes it truly unique in health care.

Magruder recalls a time early in his tenure at ResolutionCare when he and a community health worker went over to St. Joseph Hospital, where a patient was receiving chemotherapy, to have him fill out some enrollment paperwork. It didn't go well. The room was loud and bustling, making it hard to have a conversation.

"We came back to the office and Michael was sitting at the table," Magruder says. "The community health worker just said, 'I'm never going to have that kind of conversation with someone in that setting again. I'm not doing it.' Michael just said, 'I hear you. Let's not do that again.'"

Magruder was blown away, saying that type of exchange doesn't happen with doctors in other settings.

"It's a hierarchy like the military," he says. "The private does not come up to general to say we should not go up that stream bed. It doesn't happen. But this is a pretty great place to work."

ResolutionCare is different, Magruder says, adding that when doing an in-home visit with a patient, he won't hesitate to reach out to the clinician if the patient seems in pain or in need of help he as a chaplain can't provide.

And with that collaboration comes support, Rose says, adding that team members can lean on each other or brainstorm solutions together.

"In this business, having that level of support is a really, really nice feeling," she says. "It's also naturally collaborative and I can say, 'No, I can't take on any more,' and that's honored."

Part of what enables all this, Magruder says, is that ResolutionCare is new, allowing teams to explore solutions "based on our values and intentions, how to do this best rather than how to follow a huge list of rules."

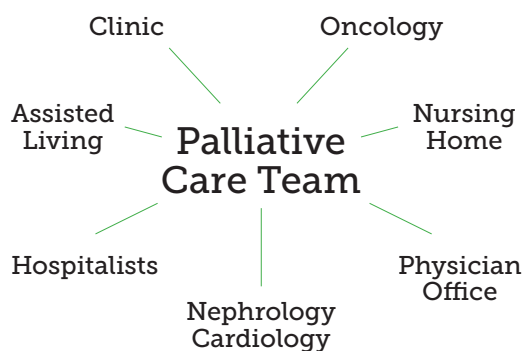
But the company has also grown exponentially, fueled by changes to Medi-Cal that cover in-home palliative care benefits and contracts with two other insurance providers. For Bruce and Fratkin, that growth has proven challenging to manage on the fly while maintaining the company's loftiest ideals.

Reflecting back on where he was five years ago, Fratkin says he's happy. His work is fulfilling and nurturing. He feels good about the care his company is providing and the way it has empowered his co-workers to do their best work.

ResolutionCare Palliative Care



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ResolutionCare's model is based on forming interdisciplinary teams that treat a patient based on their own priorities, empowering patients to decide what's most important to them as they face serious illness.

But he admits he personally has some work to do on the self-care side of things as he tries to bring his health and wellness into balance.

"I need to get to a place where I'm not working a million hours a week, not drinking 5 gallons of coffee every morning and not getting fat from eating bad food fast," he says. "I need to get to a place where I'm working out, feeling physically fit and doing all the stuff our team members are doing."

Back at the conference table, Bruce sits below the branch of a Manzanita tree that hangs from the ceiling, dubbed the spirit tree. Attached to it are more than a hundred of those river rocks, hung to

honor and remember the deceased. Two other branches loom over other parts of the office, visible reminders of not only the lives ResolutionCare has touched but also the intentional nature of the company, the way it approaches people.

"It's a B Corp thing but it's also built into the DNA of the organization and the people here," Bruce says. "It's wonderful being in a place that's just trying to do the right thing, all the way around." ●

Thadeus Greenson is the Journal's news editor. Reach him at 442-1400, extension 321, or thad@northcoastjournal.com. Follow him on Twitter @thadeusgreenson.

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The Aftermath of Wars

Radioman at Dell'Arte's Carlo Theatre

By Pat Bitton

frontrow@northcoastjournal.com



Isaiah Alexander (left) and William English III in *Radioman*.

Photo by Wingspan Media

The Vietnam War shaped Eric Hollenbeck. American “missions” in Iraq, Afghanistan and countless others since have shaped generations of veterans who struggle to function in a world that has little or no understanding of their experiences. *Radioman*, currently playing at Dell'Arte's Carlo Theatre in Blue Lake, is a powerful tribute to those veterans that will stay with you long after the metaphorical curtain comes down.

Radioman: Monologues from the Ones Who Made it Home, is a gripping portrayal of the challenges veterans face as they seek to reclaim the lives they once had. Created by playwright Jim McManus, *Radioman* is based on *Uncle Sam's Tour Guide to Southeast Asia*, the collection of poems Hollenbeck wrote as part of his own struggle to function in the “real” world, as well as extensive interviews with other veterans of multiple wars.

At the center of everything is the radioman. The one with a 15-second life expectancy in a fire fight — in the A Shau Valley in Vietnam in 1968, radio was the only way to communicate so the 18-year-old boy with the 10-foot antenna was front and center in the enemy's line of fire. Hollenbeck was that terrified, cynical, old-before-his-time 18-year-old boy, played here by William English III in a performance that yoyos heartstoppingly between bravado and desperation.

But that's not the only Hollenbeck you'll meet. This radioman made it home and eventually became the pipe-smoking, plaid shirt-wearing Hollenbeck that

anyone who's ever visited The Blue Ox Millworks in Eureka will recognize instantly. In a pitch-perfect performance as the veteran radioman, Gary Sommers runs the gamut from dreamer to drinker, from lover to fighter, from father to foreman of the band of struggling vets he successfully leads through the Blue Ox's recreation of the Lincoln memorial hearse.

Weaving the fabric of the stories together around the radioman, the members of the ensemble cast transport us between the jungles of Vietnam, the deserts of Iraq, the wastelands of Afghanistan and the workshops at the Blue Ox. Different wars, different generations but the same barely contained anger and endless struggle to retain some vestige of humanity.

The cast members each inhabit multiple characters as they battle on the ground and in their heads. Donald Forrest is scarily powerful as the veteran who's forced into psychotherapy, drinks to dull the pain, is the Olympic champion of three-year marriages and somehow manages to craft a perfect reproduction cartwheel. Sayda Trujillo is wound so tight you expect her to explode at any minute as she relives the lies and games we all use to avoid the pain of honesty. Elio Robles is chillingly convincing as the frustrated apprentice craftsman armed with power tools and a hair-trigger temper who left his innocence in Iraq. Kudzai Svenzo triumphantly carries the banner of black woman making it in a white man's army, overflowing with tenderness for the quadruple amputee she falls in love with in the VA hospital.

Isaiah Alexander perfectly captures the boot-camp innocence of the raw recruit who doesn't even know where Vietnam is and Shawn Wagner flawlessly embodies the underclass that the Army is so good at turning into cannon fodder.

And then there are the families, those who live with the aftermath of war, paying the price without ever having participated in the action. As the 12 year old who understands her father's mental torment with a maturity far beyond her years, Fiva Pulu skillfully manages a delicate balancing act between solicitous daughter and daddy's little princess. The adult daughter (Wagner) wistfully remembers the excitement her 5-year-old self felt going to the store with daddy for candy and beer. Zuzka Sabata oozes quiet strength as the wife who knows where to find her superhero behind the fog of PTSD. Her portrayal of an everyman soldier creates a connective tissue throughout the production.

Radioman is co-directed with consummate skill by Dell'Arte's Producing Artistic Director Michael Fields and Roman Sanchez, recently named as one of six “theatre workers you should know” by *American Theatre* magazine. As scenographer, Lynnie Horrigan does an admirable job of creating a flexible canvas for the actors, as well as hunting out historically accurate costumes. Michael Foster delivers nuanced lighting that adeptly draws the audience into the veterans' world and Brian Post's sound design will have you believing you really are listening to '60s radio. Technical director James Hildebrandt

and production manager Kaitlyn Samuel Rosin ensure smooth functioning of all the moving parts behind the scenes.

Live theatre can take you places cinema can only aspire to. For those of us fortunate enough to have no direct experience of war, coming face to face with these veterans' 1,000-yard-stares will change your understanding of war forever.

This production is a combination of fact and fiction and contains strong language. It is not appropriate for children. Note that Dell'Arte has scheduled an additional matinee on Saturday, Jan. 19 at 2 p.m. to meet the high demand for tickets to this production.

Radioman continues Jan. 17-19 at 8 p.m. and on Saturday, Jan. 19 and Sunday, Jan. 20 at 2 p.m. Visit www.dellarte.com or call 668-5663.

Opening

More border wall battles, this time between neighbors in Northcoast Repertory Theatre's comedy **Native Gardens** Jan. 18 through Feb. 10. Call 442-6278 or visit www.ncrt.net.

British farce livens up a haunted former brothel in Alan Ayckbourn's **Taking Steps** at Ferndale Repertory Theatre Jan. 24 through Feb. 17. Call 786-5483 or visit www.ferndalerep.org.

Live radio/dinner show and Redwood Curtain fundraiser **ZOUNDS!** returns to the Sapphire Palace at Blue Lake Casino on Jan. 26 at 6 p.m. Call 443-7688 or visit www.redwoodcurtain.com. ●



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Drag Me, Vegans

Failing less miserably at a plant-based diet

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

Last week a sample of Milkadamia arrived at my office in artsy packaging that bore the competing slogans “Moo is moot” and “Cuddle in a cup.” It looked like the most conspicuously bespoke non-dairy option this side of liquified pearls so, yes, I had to know. The macadamia creamer sinks to the bottom of my coffee and turns it the right color. But despite its creaminess, it isn’t cream or even milk. I drink and get properly wired to work, but there is no pleasure in it. And that, despite a slew of solid reasons to eat a plant-based diet, is historically where I fall down.

On a rainy day in December I went to a holiday potluck hosted by the Vegan Society of Humboldt. Crowded on hostess Yemaya Kimmel’s kitchen table were five kinds of chocolate chip cookies — some firm little domes, others flat and soft, one with oatmeal, one double chocolate. I nibbled each one, noting the clever substitutions, but none lit up my brain the way butter can. My receptors seemed trained, like a junkie’s, for that particular spread of milkfat on the tongue. The cashew-based cheese ball, though, was remarkably cheese-like.

Society director Sheryl Esparza (she of the cheese ball) has been vegan for nine years and was vegetarian two years before that. “I started looking at the food system

and issues with meat being raised with hormones and antibiotics,” she said. “You realize eating vegan is the best thing overall for the planet.” She doesn’t think veganism is a perfect solution but sees it as a way “to try to do the least amount of harm to animals and the planet.” She’s taken up the challenge of cooking her favorite dishes animal product-free with zeal, whipping up everything from non-dairy lasagna to seitan “ribs.”

As we spoke, author Adrienne Veronese swept in late, delayed by lace cookies that didn’t set because she’d used the wrong almond butter. She grew up on a dairy farm but came to plant-based eating to deal with autoimmune issues that have since resolved after shifting her diet, she said. In her cat-eye glasses, she leaned against the kitchen counter beside her fruit-sweetened cranberry bundt cake. Taking control of her own health, she said is “very empowering.”

Kimmel, an herbalist, said she’s experienced health benefits, too, but was initially motivated by empathy for animals. She laughed recalling, “When I told my 100 percent Greek father I was vegan ... there was silence on the other end of the line. Then, ‘No.’” There’s little point in lecturing anyone, she said, but she’s always happy to answer questions to the curious.

Continued on next page »

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Table Talk

Continued from previous page

I could parry with the usual arguments against veganism, poking at the impossibility of living without harming animals, the unhealthy processing of meat and dairy substitutes, or the relative carbon footprint of sustainably raised animal products vs. imported soy. But none of that is what keeps me from adopting a way of eating that, on the whole, would be better for our planet and, according to at least one medical professional, my health. It's pleasure.

I made a brief, fraught attempt at veganism and failed miserably. Which is to say I was miserable and failed. Those around me suffered most. While my coworkers ate pizza, I slammed the microwave door and scowled and swore at the perfectly fine soup within. I'm a fan of tofu and don't consume much meat, but it was the explicit denial that got me — to say never to the pleasures of a crisp bit of fat plucked from the edge of a roast, to dipping a finger in a mixing bowl of whipped sugar and butter. The ancient miracle that is a spoon of honey. Cheese. Freaking liverwurst haunted my dreams. Substitutes, convincing as they can be (and yes, I'm sure you can introduce me to an excellent cheese/gelato/butter/burger that looks genuinely bloody), are still substitutes, eliciting at most a raised brow. My surrender was a bacchanalia of chicken wings and ice cream cookie sandwiches.

Even if the figure of the insufferable vegan — ordering elaborate substitutions, preaching, side-eying a fellow diner's lunch, bashing other cultures — was nowhere to be found at the VSH potluck, it's everywhere in media and occasionally my inbox. A couple of clicks on YouTube will lead you to a host of such cartoonish villains (sometimes at war with one another — there is no beef like vegan beef) but really that can be said of every following from Christianity to CrossFit.

But if you are simply a smug, superior vegan, you know what? I'm gonna give it to you. You are, it turns out, better than me. You've given up a millennia-long history of culinary hedonism that I could not. Your moral compass will not allow you to draw pleasure from the flesh of slaughtered animals; repulsed as I am by videos of abattoirs, I seem able to tuck mine in my pocket at mealtime. Your calculation of the damage a hot Reuben does to our shared ecosystem alters your choices while I plow through said sandwich like a timber crew through a rainforest. Maybe it's not a sacrifice to you but it is to me, and I will, as a resident of Earth, indirectly benefit from your choices, even as I pierce the runny yolk atop my Vietnamese pork chop. So go ahead. Drag me, vegans.

What I can do, even in thrall to my animal product addiction, is feed it a little less. Nut milk in my smoothies is (precious packaging aside) fine. I'm down to further pursue my

love of Asian tofu dishes, though I may never get on board with tofu cheesecake (please don't send me recipes — it's not that I haven't met the right one). And I can feed a vegan. I can, like any good host, make sure vegan dinner guests have plenty that's truly good to eat (not just one sad plate of potatoes or whatever they bring themselves) and have a list of accommodating restaurants on hand instead of awkwardly brainstorming with the whole party to deal with The Difficult Person's Demands. (A few recommendations from the potluck attendees: Sushi Spot, Wildflower, Siam Orchid, Chapala, Bencharong Thai House, Café Nooner, Tandoori Bites, Dutchy's Pizza and Living the Dream Ice Cream.) I can be a better vegan enabler.

In this spirit, I offer an easy, cheap, fast, low-effort/high-reward tofu dish I love, one that requires no substitution or faux anything. The silken tofu is made to fall apart — let it. Enjoy the creaminess against the ginger, scallions and sesame oil. Spooned over hot rice and a side of stir-fried greens, this makes a comforting main dish that's easily doubled for a crowd. And it's a genuine pleasure to eat.

Ginger Scallion Tofu

While I prefer it as is, additional sesame oil, soy sauce or chili oil on the table is not a bad idea. Serves 2-3.

- 2 tablespoons sesame oil (more to garnish, if desired)
- 1 teaspoon minced or grated fresh ginger
- 1 bunch scallions, finely chopped (reserving 1 tablespoon for garnish)
- 1 package silken tofu, cut into roughly 1-inch cubes
- ½ tablespoon cornstarch mixed with 1 tablespoon water
- 1 teaspoon salt, more to taste
- ½ teaspoon finely sliced fresh ginger for garnish

In a medium pan, warm the sesame oil over medium-high heat. Add the ginger and scallions and cook for 2-3 minutes, stirring constantly. Add the salt and tofu and stir gently to combine. When the tofu is heated through, drizzle in the cornstarch and water. Stir gently and cook another 2-3 minutes until the liquid in the pan thickens.

Garnish with scallions and ginger before serving.

Jennifer Fumiko Cahill is the arts and features editor at the Journal. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

The Phoenix Approach

As one exercise dies, another arises

By Louisa Rogers
getout@northcoastjournal.com

It's a bummer: My body at 67 is not what it was at 20, 30 or even 40. I've had to give up five or six physical activities, and each time I let go, adapting to the new reality is bittersweet. For instance, I started jogging in college and ran consistently into my early 60s, including three marathons on both coasts. My personal best was 3:56 at Big Sur, where I'd been enticed by a marketing pitch I couldn't refuse: "Run along the edge of the Western world." My favorite part of the route was a challenging but exhilarating 2-mile uphill incline dubbed "Achilles Hill," where, at the top, a pianist serenaded us.

What I loved best about running was the sweat. I'd come back from a run dripping, every square inch of my skin slick and happy. Hills were my favorite. When driving to Arcata, I'd stop in Indianola and run up and down the steep private driveways along Hidden Valley Road.

I have almost no cartilage in my right ankle (skydiving accident, long story). Four years ago, an orthopedic surgeon looked at my X-rays, shook his head and said, "I'm amazed you're not using crutches. It's because you're so active. Keep it up but no more running."

The end of an era — one of many.

Inline skating also came and went, too. When I lived in Palo Alto, I'd wake up early yearning to move and within minutes would be gliding along silky, dreamlike streets, inhaling the scent of magnolia blossoms. The cars slept in their driveways and all was still. But when I moved to Eureka 17 years ago, skating the pot-holed pavement was rougher. I didn't feel as brave on the inclines and I drifted away from skating.

With running and inline skating behind me, I cast about for a new sport that would provide aerobic benefits. I started swimming, hiring a swim coach to teach me better form. I'd drive from Eureka to Arcata and swim in the community pool,



A runner on the Hammond Trail.
Mark McKenna

which was fine. Not exciting, not sweat-inducing but fine. But driving to swim? Getting in a car to go exercise has always struck me as counter-intuitive. One day on my way to Arcata, with the bay on my left, I imagined the C Street dock, only a block from my home, calling me. Why not skip the drive, the traffic, gas and pool fees and just stroll down to the bay?

I learned from Baykeepers that Humboldt Bay is clean enough to swim in. (How could it yield one of the most abundant oyster crops on the West Coast, if it weren't?) In my newly-acquired shortie wetsuit, I slipped into the water early one March morning. It was bracing but not unbearable.

For months, two homeless guys named Jack and Will would meet me every morning and wave me off. My husband Barry would sometimes join me in his kayak. I'd swim either south to the Eureka marina or north toward the Adorni Center. The bay is a busy place, with rowers, Humboldt State University scullers, kayakers, fishing boats, seals and the *Madaket*. I wanted to head out into the bay but my cautious husband worried I wasn't visible, even with my rainbow cap, so I usually hugged the shore.

Sometimes it's not age or health that makes me leave an exercise behind but *me* and my urge for something different. That was the case with swimming in the bay. Early one morning, while doing the breaststroke, I saw a figure in the distance who seemed to be walking on water. He

looked mythic, out of biblical times. Not long after, our surfer neighbor showed us his new toy: a stand-up paddleboard. I wanted one. He was savvy about water sports and found me an inflatable board online, one I could roll up and take in our camper van when we left town. Last year while camping in central Oregon, I went paddling every day on a different body of water.

I still miss running. Sometimes I glimpse a winding hilly road, with pillowy meadows on either side — a perfect candidate for a jog — and follow the contours wistfully, imagining myself running up the hills, panting. But I'm not who I was when I started running at 20, or even at 40, when I bought rollerblades. Not fair! I want to be my younger self, she whose feet could run for miles and miles, even in cheap running shoes. She who blithely skated, skimming along the pavement, bending her knees, wanting to get closer to the surface of the earth. No longer.

Meanwhile, though, my paddleboard is whispering to me. Before long I'll be lost in another world, weaving my way deep into the Indian Island slough below the egrets and blue herons perched high in the cypress trees. And the other night, falling asleep, my mind turned for the first time to paddleboarding, not running. As one exercise dies, another arises. ●

Growing up, Louisa Rogers sucked at PE but, to her surprise, became an adult-onset lover of movement.

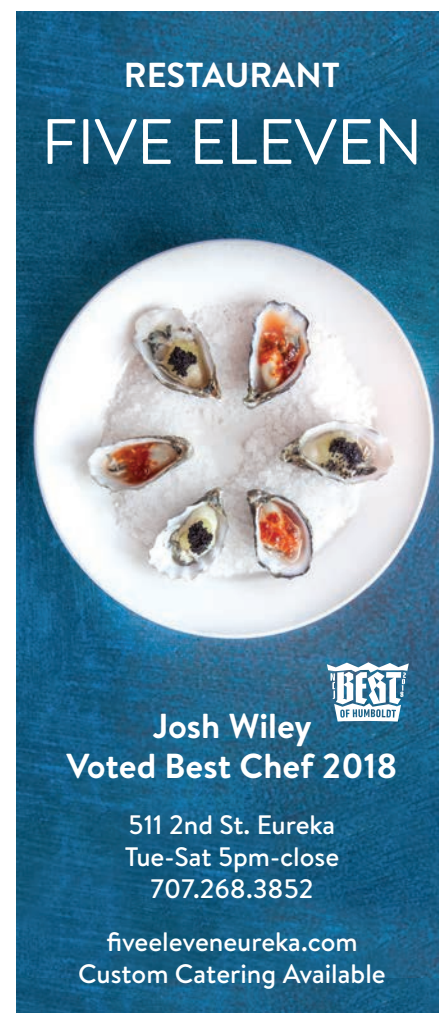


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Seriously?

Welcome to the Stone Cleanse®

FAQ for beginners

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

Here at Stone Cleanse® Ranch, our goal is wellness through the limitless power of Nature (copyright pending), drawing wisdoms from other cultures so you don't have to interact with them. We intuit that those of you coming into our circle for the first time have questions. We're listening. Literally. Five unpaid interns in our Stone Room® are lying in our proprietary version of corpse pose and listening right now. We've created a FAQ guide to the Stone Cleanse®. Of course, we recommend consulting a physician before embarking on any new health regime but, you know, c'mon.

What is the Stone Cleanse®?

Our two-week cleanse is the ultimate purifying wellness ritual to brighten your body and mind, and it's drawn loyal practitioners from all over the globe. They've discovered the benefits of eliminating animals and plants from our poisoned food system and eating the only element humanity hasn't ruined: rocks. After 14 days of eating only our low-nutrient, hand-selected, organic river stones, you'll see why. Your body will be transformed and you'll achieve total focus, unable to think of anything, really, besides the stones accumulating in your belly.

Why stones?

Much of Western and Eastern medicine focuses on nutrients to fuel the body — nutrients made of 100 percent chemicals, by the way. Our team of researchers and healers has found that even the "healthiest" foods are rife with super nano toxins — dangerous, invisible, lucrative substances in everything we eat, drink and breathe. Are you thinking about super nano toxins right now? Because they can enter you that way, too. Stone Cleanse® stones, however, are completely indigestible, allowing no chemicals into your system.

But I already eat clean.

Is your body still producing waste?

Sounds like you could eat cleaner. Have you tasted your urine? It probably tastes like piss. As for bowel movements, a few days of the Stone Cleanse® will eliminate them completely. Drawing on the being-to-being trust we've formed on our FAQ journey, let's sit in some conscious honesty: Your body is gross. It's a mess of blood, bile, fat, bone, hair, sinew and that weird porous stuff that's always colored gray on anatomy charts. That can't be good. Your liver and kidneys clean your system as best they can, but then what? They just sit in your body, brimming with filth. And if you're a woman, we just don't know what to tell you. Your best hope is to become a fragile, empty vessel on the verge of collapse but without the distracting euphoria of traditional, unmone- tized fasting.

Eating rocks sounds terrifying.

Look at the natural world: Since the age of the dinosaurs, birds, lizards and even whales have evolved to swallow small stones to aid digestion. Even the majestic ostrich maintains a gizzard full of stones that grind up food like teeth.

But I don't have a gizzard.

Don't worry, by Day 11 you will. Which is also around when your teeth should fall out so nice timing there.

Do I need really Stone Cleanse® stones?

If you could just scarf down rocks from anywhere — a gravel driveway, a Japanese garden, the edge of a stream — wouldn't everyone be doing it? And in terms of chemical impurities, ingesting a single pebble not selected by our trained Gatherers® and purchased through our website, you'd be opening yourself up to a host of potential super nano toxins, no matter how idyllic that bubbling brook looks. You might as well eat food.

I've gained weight.

That's just the stones. Keep going.

The stones are hard to get down.

Those of you who've graduated from

our Bark Cleanse® may recall a similar experience. But, as with the initially unbearable grittiness of gnawing bark, you get used to it. Many of our practitioners come to enjoy the cool slide of indigestible stones down their throats and the satisfying clack as each one reaches the stomach cavity. Begin with the smaller Starter Stones®, one at a time. Gradually work your way up to the larger stones and eventually the flat Pond Skipper® size. Don't let negative thinking stop you from finally achieving the internal bodily purity you've failed at so humiliate- ingly over and over. Stay positive!

Really, I feel like I'm just full of stones.

You are. But you may also be filled with stubborn super nano toxins that need a little extra prodding with an upgrade to White Quartz Stones®. They cost more but they do more. If you don't see improvement in a couple of days — light- ness, shiny hair, deep focus — consider upgrading to our Limited Edition Stone Cleanse Conflict Diamonds®.

So the stones just, what, dissolve? Or not?

Indeed. Now you are asking questions from a place of wisdom.

I think I'm dying.

That's some very negative mind thinking. Channel the ostrich and swallow another stone.

Jennifer Fumiko Cahill is the arts and features editor at the Journal. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

Got a humorous take or tale to share? Then the North Coast Journal wants to hear from you. Contact us at editor@northcoastjournal.com to pitch your column ideas.



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THE ALIBI 944 Ninth St., Arcata 822-3731			Celebration of the Life of John Allen Hee Jr. w/Dead Man's Tale, Imperial Destructo, Frequency Shift 10pm \$5-\$20		
ARCATA PLAYHOUSE 1251 Ninth St. 822-1575				Levin Brothers (jazz) 8pm \$35	[M] Levin Brothers (jazz) 8pm \$35 [T] Killer Organ Trio (jazz) 8pm \$15, \$10 [W] Katie McNally Trio (bluegrass) 8pm \$15, \$13
ARCATA THEATRE LOUNGE 1036 G St. 822-1220	Ocean Night ft. <i>Mission Blue!</i> <i>Mission</i> (film) 6:30pm \$5	<i>Superbad</i> (2007) (film) 8pm \$5	On The Spot Improv Comedy 7pm \$7	NFL Playoffs - Divisional and Conference TBA	[W] Sci-Fi Night: <i>Barbarella</i> (1968) 6pm Free w/\$5 food/bev
BLONDIES FOOD AND DRINK 420 E. California Ave., Arcata 822-3453	Open Mic 7pm Free			Jazz Jam 6pm Free	
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way, Blue Lake	Latin Nights 9pm Free	Undercovers (covers) 9pm Free	Jimi Jeff & The Gypsy Band (rock, R&B) 9pm Free	Karaoke 8pm Free	
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville 839-2013		Karaoke w/Rock Star 9pm Free	Undercovers (covers) 9pm Free		[M] 8-Ball Tournament [W] Karaoke w/Rock Star 9pm Free
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 27 Scenic Drive, Trinidad 677-3611		Triple Junction (Blues, Funk, Rock) 9pm Free	Dr. Squid (Rock, Dance) 9pm Free	Karaoke w/DJ Marv 8pm Free	
CLAM BEACH TAVERN 4611 Central Ave., McKinleyville 839-0545	Legends of the Mind (jazz, blues) 6pm Free	Kindred Spirits (bluegrass) 10pm Free		Anna Hamilton (blues) 6pm Free	[W] Pool Tournament & Game Night 7pm Free
FIELDBROOK MARKET 4636 Fieldbrook Road 633-6097		The Movers and The Shakers (rock, blues, funk) 7:30pm Free			[T] Trivia Tuesday 6-8pm Free

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THE GRIFFIN 937 10th St., Arcata 825-1755	Jazz Noir w/DJ Rickshaw 6pm Free	DJ Rickshaw/The Bustop 10pm Free	Paula Jones Band 8pm Free		[W] Salsa Dancing with DJ Pachanguero 8:30pm Free
HUMBOLDT BREWS 856 10th St., Arcata 826-2739	Lyrics Born w/Object Heavy 9pm \$20, \$18	Hillstomp w/Kingfoot 9:30pm \$15, \$12	Bippity Boppity Boobs (burlesque) 9pm \$15, \$12		
THE JAM 915 H St., Arcata 822-4766		Casual, Z-Man, Vocab Slick, The Dirty Rats Crew (hip-hop) 9pm \$10	DMVU, Cassidy Blaze, Buffalo Pockets 10pm \$18, \$15	Deep Groove Society 10pm \$5	[T] Top Grade Tuesdays Dancehall Reggae w/DJ RealYouth, Cassidy Blaze 10pm \$5 [W] Whomp Whomp Wednesdays 10pm TBA
LARRUPIN CAFE 677-0230 1658 Patricks Point Dr., Trinidad				Tim Randles Jazz Piano 6-9pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		White Deer (rootsy bluegrass) 9pm Free	The Stallions (Ween) 9pm Free		[M] Old Time Music Jam 8pm Free
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-4151	No Covers (jazz/funk) 6pm Free	Cadillac Ranch (country rock) 6pm Free	Humboldt Steelhead Days Kick-off Party 5-9pm		[T] Dogbone (free) 6pm Free
THE MINIPLEX 401 I St., Arcata 630-5000	Karaoke 9pm Free		The Getdown w/DJM 9:30pm Free	Karaoke 9pm Free	[T] Sonido Pachanguero 9pm
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic 7pm Free	Three Chords And The Truth Songwriter Showcase 5-7pm Free	Two Mic Sundays (comedy) 5pm Free	[T] Spoken Word Open Mic 6-8pm Free
OCEAN GROVE COCKTAIL LOUNGE 480 Patrick's Point Drive., Trinidad 677-3543					[M] Rudelion DanceHall Mondayz 8pm \$5
PAPA WHEELIE'S PUB 1584 Reasor Road, McKinleyville 630-5084					[W] Gee Quiz Trivia Night 7-9pm Free
SIX RIVERS BREWERY 839-7580 1300 Central Ave., McKinleyville	Husky Burnette (dirty blues) 8pm Free	After Work Sessions with DJ D'Vinity 4-7pm Free		Trivia Night 8pm	[M] Karaoke with DJ Marv 8pm [W] Good Company (Celtic) 8pm

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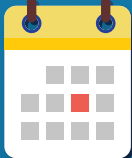
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Arcata and North on previous page

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ARTS & DRAFTS 422 First St., Eureka 798-6329			Craft Singles: A Cheesy Trivia Night 7pm Free		
BEAR RIVER CASINO RESORT 11 Bear paws Way, Loleta 733-9644		NightHawk (classic rock, hits) 9pm Free	Band O Loko (originals, covers) 9pm Free		
BRASS RAIL BAR & GRILL 923-3188 3188 Redwood Drive, Redway	Pool Tourney 8pm				[T] Karaoke [W] Open Mic/Jam session 7pm Free
THE EUREKA THEATER 612 F St., 442-2970	Science on Screen: <i>Avengers Infinity War</i> (2018) (lecture+film) 7pm \$5				
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Celtic/Irish) 6pm Free	Michael Dayvid (acoustic) 6pm Free			
GYPPO ALE MILL 986-7700 1661 Upper Pacific Dr., Shelter Cove	Pints 4 Non-Profits: Beginnings School 4-6pm	MLK JR: I Have A Dream (showing speech) 4-6pm Free	The Humbros (live music) 8pm Free	Libations & Creations - Watercolor Storytelling noon-1pm Free	
HUMBOLDT BAY PROVISIONS 205 G St., Eureka 672-3850	Dinner Music 6-8pm Free				
THE MADRONE BRICK FIRE PIZZA AND TAPROOM 421 Third St., Eureka 273-5129	Pizza and Pints for KMUD 4-8pm	Lyndsey Battle & Corey Goldman (live music) 7-9pm Free			
MATEEL COMMUNITY CENTER 59 Rusk Lane, Redway 923-3368		Cham w/Guerilla Takeover (reggae) 8pm \$22			
NORTH OF FOURTH 207 Third St., Eureka 798-6303					[W] Brian Post and Friends Jazz Trio 7pm Free
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Open Mic with Mike Anderson 6:30pm Free	Improv Show 7pm Free			[M] Improv Jam 6pm Free
PALM LOUNGE - EUREKA INN, 518 Seventh St., Eureka 497-6093	Indigo - The Color of Jazz 7-11pm Free				
PEARL LOUNGE 507 Second St., Eureka 444-2017	Reggae Thursdays 9:30pm Free	Selecta Arms (hip-hop, reggae hits) 10pm Free	DJ D'Vinity (hip-hop, top 40) 10pm Free		

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PHATSY KLINE'S PARLOR LOUNGE 139 Second St., Eureka 444-3344	Laidback Lounge 7-10pm		The Triple Tones (rock, country, blues) 7-10pm Free		[M] Monday Night Karaoke 7:30pm Free [T] Phat Tuesdays 8pm Free [W] Live Jazz with Bill Allison & Friends 7pm Free
SAVAGE HENRY COMEDY CLUB 415 Fifth St., Eureka 845-8864	Practice Lap 9pm Free	Dave Waite 9pm \$15		Two Mic Sundays 9pm Free	[T] Trivia Tuesdays 9pm \$5
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	33&3rd Thursday 8pm	Pints for Nonprofits Trinidad Land Trust w/The Sandfleas 6:30pm	Camp Fire Relief Fundraiser w/Barn Fire, WAR MÖTH, The Sturgeons, et al. 4:20pm \$5-\$100		[W] Diversity & Debauchery (fetish night meetup) 7-9pm
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		Live Jazz and Blues 8:30pm Free	Jenni & David and the Sweet Soul Band 9pm Free		[T] Opera Alley Cats 7:30pm
STONE JUNCTION BAR 923-2562 744 Redway Dr., Garberville	Upstate Thursdays w/ DJs G. Davis, Just One 9pm Free				[M] Pool Tournament 8:30pm \$10 buy-in
TIP TOP CLUB 6269 Loma Ave., Eureka 443-5696		Friday Night Function (DJ music) 9pm Free before 10pm	Amateur Night Contest Hosted by Hiway 10, Big Daddy 9pm \$15		
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			
VISTA DEL MAR 443-3770 91 Commercial St., Eureka					[T] Blues Tuesdays 7pm Free [W] Karaoke Nights 9pm Free

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From Here to Eternity

By Collin Yeo

music@northcoastjournal.com

Last month McKinleyville native and metal-scene stalwart John Hee passed away at the age of 43. Known for his impressive and kinetic bass playing in many local bands, including Acts of Aggression, Entheogon, Kids for Sale and, most recently, Dead Man's Tale (winner of the 2013 KMUD Battle of the Bands), John will be celebrated by his surviving band mates, as well as his friends and loved ones this week at a show at the Alibi (see below). I didn't know John personally but I am glad that he is being sent off with heavy music at that most cherished local venue for loud and dirty rock shows. It's the way things should be. And if your survivors care about you enough to celebrate you with music and art, that certainly says something good about you and your time in this world. This week sees people putting on memorials, benefit shows for the catastrophically afflicted, and remembrances of war veterans and bygone pop music. And all of it matters to those of us inhabiting the thinnest and most beautiful place in the timeline: the land of the living.

Go live it up.

Thursday

The **Temptations** are one of the few groups who fit the cliché of needing no introduction. Indeed, from the nascent love story of *My Girl* to the heavy crush of *Psychedelic Shack* or *Papa Was a Rolling Stone*, Mr. Otis Williams and company have been singing to the world for nearly 60 years. Lucky are those with tickets to the sold-out show tonight at 7 p.m. at the Arkley Center for the Performing Arts.

A contemporary, heady-yet-ass-moving affair, **Lyrics Born** plays Humbrews tonight with local funk outfit **Object Heavy**. 9 p.m. (\$18). Known for a loose and cool flow married with affirmative grooves, this MC should provide a fairly uncomplicated seance into the perfect feeling.

Friday

The **Slap Frost Tour** of alternative hip hop makes its way to The Jam tonight. Headlining the evening is **Casual** of the venerable three-eyed mascot group **Hiero-**



Levin Brothers Trio plays the Arcata Playhouse on Monday, Jan. 21, at 8 p.m. Courtesy of the artists

glyphics. Also appearing will be **Z-Man**, **Vocab Slick**, **The Dirty Rats Crew** and many more. 9 p.m. (\$10, 21+).

Saturday

Angry Hammer Productions and Pay It Forward Humboldt are putting on a benefit show at Siren's Song today for the victims of November's horrifying Camp Fire in Paradise, California. The action kicks off at 4:20 p.m. — hyuck hyuck — and will feature a raffle and silent auction as well as \$5 tacos while supplies last. The featured bands include recent album-releasers **Blackplate**, propulsive country act **Barn Fire!**, as well as rockers **War Möth**, **The Sturgeons**, **Not Ewe**, **Wetspot**, **Beer and a Bottle** and the recently added **Dirt Magic**. The entrance fee is however much you feel like donating between \$5-\$100 as all sales go towards the aforementioned afflicted so dig deep if you can.

The Alibi hosts the celebration of bassist **John Hee's** life tonight at 11 p.m. when his erstwhile band **Dead Man's Tale** plays its last-ever gig along with skate-punkers **Imperial Destructo** and metal act **Frequency Shift**. The door charge is \$5-\$20 with the proceeds going to the departed's family. If you have a little scratch left over, maybe think about buying a round for the boys in the band. They probably need it.

Sunday

Former New Yorker-turned local playwright **James McManus** and director **Mi-**

chael Fields present a matinee showing of their collaboration *Radioman* at Dell'Arte today at 2 p.m. (\$10-\$15). The play features the stories of American war veterans from the Vietnam era onwards, including those of local hero and Blue Ox Mill owner **Eric Hollenbeck**. A perhaps obvious warning: This production includes language some may find upsetting.

Monday

Tony Levin's bald headed and mustachioed visage has been holding down the low-end for many decades for top acts in the world where theatricality meets virtuosity. The long-time bassist and Chapman Stick player for Peter Gabriel, my favorite era of King Crimson, as well as far too many top shelf names when in the studio, Mr. Levin is about as good as it gets. He joins his similarly accomplished — albeit in the jazz world — keyboardist brother Pete, as well as drummer Jeff Siegel for the second-night performance of the **Levin Brothers Trio** at the Arcata Playhouse tonight. If you are a modern jazz lover and you missed yesterday's gig, fear not. This one's likely to smoke, too. 8 p.m. (\$34).

Tuesday

The Redwood Jazz Alliance kicks off its 2019 season with a smoking hot organ trio featuring Messrs. **Peter Bernstein**, **Larry Goldings** and **Bill Stewart** on guitar, keys and drums respectively. This group is highly regarded in the world of contempo-

rary jazz and certainly sounds great on the tracks I have heard so I can only imagine that the live show cooks, as well. The Arcata Playhouse is the place to be, 8 p.m. is the time and \$15 is the price unless you are student or senior.

Wednesday

I've wanted to rep a Sci-Fi Pint and Fry Night at the Arcata Theater for some time now but have been unable to honestly vouch for many of the movie selections because their relatively obscure titles are outside of my admittedly limited purview. However, that all changes tonight because that most dated and delightful Jane Fonda thirst trap from 1968, **Barbarella**, is featured on the big screen at 6 p.m. (\$5 minimum purchase of food or beverage). This bright, bikini-clad and baffling modern classic has been on my radar since I first checked it out from the library as a young kid thinking it might be a bit like *Star Wars*. It is not. However, it is certainly enjoyable in its own special way. ●

Full show listings in the Journal's Music and More grid, the Calendar and online.

Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Collin Yeo thinks that every banquet should end with a glad toast to the vultures. He lives in Arcata.

Calendar Jan. 17 – 24, 2019



Photo by Mark McKenna

The **2019 Eureka Women's March** is on under new management, happening **Saturday, Jan. 19** starting with a rally at **Madaket Plaza** at **noon** followed by the march through the streets of Old Town (free). What do we want? Intersectional feminism. Why is it this hard?



Baba Jamal Koram, submitted

Honor Dr. Martin Luther King, Jr. and help raise funds for local youth at the **Bowl of Beans Benefit** on **Monday, Jan. 21, 5 to 8 p.m.** at **Arcata Community Center** (\$8, \$6 youth/seniors). Enjoy a beans and rice dinner and lively performances by the Arcata Interfaith Gospel and Youth Choirs, storyteller Baba Jamal Koram, Asha Nan and others.



Submitted

Unless there are unforeseen circumstances, **Kim Russo**, "**The Happy Medium**," will appear **Friday, Jan. 18** at **8 p.m.** at the **Sapphire Palace, Blue Lake Casino** (\$35–\$75). The 18 and up event features the psychic medium, intuitive counselor, television star and author carrying out live readings with an interactive audience.



Submitted

Cast Away

Humboldt Steelhead Days, the annual winter fishing contest on two of the most scenic rivers in the country, the Mad and Trinity, is back for its sixth year with great fishing and fun from **Jan. 19 until Feb. 23**. Get your license, register and hit the rivers for your chance to win prizes — including cash — and every angler's favorite reward: bragging rights for the three biggest fish. There's also a separate photo contest in case you didn't snag a winner in the fishing contest.

When and where does it all start? At the **Humboldt Steelhead Days Kick-off Party, Saturday, Jan. 19** from **5 to 9 p.m.** at **Mad River Brewing Co. & Tap Room** (free). Register or sign up to enter the contest, meet the competition, win prizes, get your HSD merch, listen to music and have a good time. And \$1 of every pint sold will be donated to Humboldt Steelhead Days.

This year the festival is proud to offer a kids fishing event where small fries and fingerlings can learn how to catch a fish from a live trout pond and then take it home. The **Trout Pond — Kids Fishing Event** takes place **Sunday, Jan. 27** from **10 a.m. to 2 p.m.** at **Prasch Hall** in Blue Lake (\$10 suggested donation).

Get schooled at the family friendly and educational **HSD Steelhead Expo** on **Saturday, Feb. 9** from **11:30 a.m. to 3:30 p.m.** at **Prasch Hall** (free). Check out exhibitors, vendors, fly-tiers and enjoy demonstrations and presentations, and pick up HSD gear.

Wrap it up and take it home at the **End of the Run & Steelhead Awards Party** on **Saturday, Feb. 23** from **5 to 9 p.m.** back at **Mad River Brewing Co. & Tap Room**. There, the organizers of Humboldt Steelhead Days announce the fishing contest winners. Plus more silent auctions, drawings, giveaways, prizes, live music and speakers.

Sign up and register online now at www.humboldtsteelheaddays.com or in person at RMI Outdoors, Mad River Tackle and Mad River Brewing Co.

— Kali Cozyris

17 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

COMEDY

Practice Lap. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. A few local comics try some longer set times. Free. editor@savaghenrymagazine.com. www.savaghenrymagazine.com. 845-8864.

DANCE

Redwood Fusion Partner Dance. 7-10 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Contemporary partner dance with an improvised, lead-follow approach. A 7 p.m. lesson, 8 p.m. dancing. \$5, first time free. www.redwoodraks.com.

MOVIES

Ocean Night. 6:30-9 p.m. Arcata Theatre Lounge, 1036 G St. Surfrider Humboldt screens *Mission Blue*, a documentary on legendary oceanographer, marine biologist, environmentalist and National Geographic Explorer-in-Residence Sylvia Earle and her campaign to create a global network of protected marine sanctuaries. \$5 suggested donation (free for Surfrider members). humboldt@surfrider.org. www.arcatatheatre.com.

Science on Screen: Avengers: Infinity War (2018). 7 p.m. Eureka Theater, 612 F St. This series pairs feature films with experts in the fields of science, tech, engineering and mathematics. This film's discussion features nanobiotechnology with Frank Cappuccio. \$5. www.theeurektheater.org.

MUSIC

Humboldt Ukulele Group. Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. dsanderl@arcatanet.com. 839-2816.

The Temptations - SOLD OUT. 7 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. Legends of the original Motown sound perform.

THEATER

Radioman. 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. A theatrical production built from the writings and stories of veterans from Vietnam War to today. Based on poems written by Eric Hollenbeck. Written By James McManus. Directed by Michael Fields and Roman Sanchez. Warning: strong language. \$35 opening night reception, \$15-\$20 rest of run. www.dellarte.com.

EVENTS

Peaceful Moments Yoga for Adults. 6-7 p.m. Arcata Library, 500 Seventh St. Stretch your body and calm your mind with certified yoga instructor Jessalyn Delucchi. Free. Sponsored by Friends of Arcata Library. 822-5954.

FOR KIDS

Trinidad Library Toddler Storytime. 10-11 a.m. Trinidad Library, 380 Janis Court. Stories with the little ones. Free. trihuml@co.humboldt.ca.us. 677-0227.

Continued on next page »

Calendar

Continued from previous page

FOOD

Humboldt Republican Women Luncheon. 11:30 a.m.-1:30 p.m. Red Lion Hotel, 1929 Fourth St., Eureka. Featuring guest speaker Anthony Mantova. Lunch is chicken carbonara, salad, fruit and bread. Raffle drawing. RSVP. \$20 lunch, \$5 beverage only. fritzsimons@suddenlink.net. 839-3543.

ETC

Heads Up This Week. Volunteer opportunities, contests and more.

Healthcare for Families with Substance Abuse: How Can We Do Better?. 7-7:45 p.m. Arcata Library, 500 Seventh St. Guest Speaker: Carrie Griffin, Addiction Medical Specialist. Free. 822-5954.

Katie's Krafters. 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Community Park Way. New members welcome. Anyone with sewing or quilting experience or who wants to learn. Free.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

18 Friday

ART

Community Art Night. Third Friday of every month. The MGC, 2280 Newburg Road, Fortuna. Family friendly, all ages welcome. All supplies are provided. Free. www.ervmgc.com.

Drop-in Volunteering. 1-6 p.m. SCRAP Humboldt, 101 H St., Suite D, Arcata. Drop-in volunteering every Friday to help the creative reuse nonprofit. Free. volunteer@scraphumboldt.org. www.scraphumboldt.org. 822-2452.

Hand Drawn Screen Printing. 3-5 p.m. SCRAP Humboldt, 101 H St., Suite D, Arcata. Katy Warner will show you how to hand paint a stencil and print a T-shirt using paint on resist and an embroidery hoop. Participants take their stencil mesh home. Ages 18 and up. \$15. outreach@scraphumboldt.org. scraphumboldt.org. 822-2452.

COMEDY

Dave Waite. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Los Angeles-based comedian who's appeared on *Late Night with Jimmy Fallon*, Comedy Central and *Last Comic Standing*. \$15. editor@savagehenrymagazine.com. www.savagehenrymagazine.com. 845-8864.

LECTURE

Snowy Plovers. 7:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Alexa DeJoannis presents "Why Should I Care About Snowy Plovers? A Local Example of What Species Loss Can Mean," about the daily life of federally threatened local birds, how they fit into their environment and how that environment affects us. Free. 826-2359.

MOVIES

The Big Sleep (1946). 7-9 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. WCA screens the classic cinematic adaptation of noir writer Raymond Chandler's novel. Starring Humphrey Bogart and Lauren Bacall. \$5-\$10 sliding 677-9493.

Film Screening: Leftovers. 2:30-5 p.m. Healy Senior Center, 456 Briceland, Redway. A documentary film about senior hunger in the U.S. Movie starts at 3 p.m. A short discussion follows, including information on

signing up for the Healy's Meals on Wheels Program. Free. healyseniorcenter@gmail.com. 923-2399.

One Immigrant's Journey. 6-8:30 p.m. Freshwater Community Guild, 49 Grange Road, Eureka. A documentary about Marianne Pennekamp's journey to America, escaping from Hitler's Germany. There will be a soup potluck at 6 p.m. The show begins at 7 p.m. Free. 442-5464.

Superbad (2007). 8 p.m. Arcata Theatre Lounge, 1036 G St. Coming-of-age teen comedy. \$5. www.arcatatheatre.com.

MUSIC

Cham. 8 p.m. Mateel Community Center, 59 Rusk Lane, Redway. Grammy Award-nominated Jamaican dancehall reggae recording artist presents "Lawless in Humboldt." Opening act: Guerilla Takeover. All ages. \$22. www.mateel.org.

SPOKEN WORD

Baba Jamal Koram. 7 p.m. Humboldt Unitarian Universalist Fellowship, 24 Fellowship Way, Bayside. African-American master storyteller Baba Jamal Koram weaves a tapestry of words and music with his tales. \$10 suggested donation. www.huuf.org.

THEATER

Native Gardens. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Cultures clash when a disputed fence-line blows up into a border war in this comedy. Through Feb 10. www.ncrt.net.

Radioman. 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See Jan. 17 listing.

EVENTS

Kim Russo "The Happy Medium". 8 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Live readings and audience interaction. Ages 18 and up. \$35 – \$75. www.bluelakecasino.com.

FOR KIDS

Baby Read & Grow. Third Friday of every month, 11-11:45 a.m. Humboldt County Library, 1313 Third St., Eureka. Babies and their families are invited to share songs, finger plays and short stories at this early literacy event. Free. jlancaster@co.humboldt.ca.us. www.humlib.org. 269-1910.

Family Storytime. 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

Redwood Empire BMX - BMX Practice/Racing. 5-6 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Learn good sportsmanship and safety for kids of all ages. Friday and Sunday practices followed by racing. \$2 practice, \$5 ribbon race, \$8 medal race, \$11 trophy race. redwoodempirebmx1992@gmail.com. 845-0094.

Zumba Kids and Kids Jr.. 6-7 p.m. The MGC, 2280 Newburg Road, Fortuna. Every Friday night, instructor Vanessa Maloney. Open to kids ages 5 and up. \$8, \$5 prepay. ecooper@ervmgc.com. ervmgc.com. 725-3300.

MEETINGS

Eureka Sequoia Garden Club. 10 a.m.-12:30 p.m. Humboldt County Agriculture Center, 5630 South Broadway, Eureka. University of California Cooperative Extension Director and Forest Advisor Yana Valachovic discusses landscaping and building construction to protect homes from wildfires. Paula Trinoskey discusses the history and design of the Chinese garden. Free. cfgood13@outlook.com. 443-9472.

ETC

A Call to Yarns. 12-1 p.m. Arcata Library, 500 Seventh St. Knit. Chat. Relax. Free. sparsons@co.humboldt.ca.us. 822-5954.

Solidarity Fridays. 5-6 p.m. County Courthouse, 825 Fifth St., Eureka. Join Veterans for Peace and the North Coast People's Alliance for a peaceful protest on the courthouse lawn. www.northcoast-peoplesalliance.org.

19 Saturday

ART

Open House Party. 11 a.m.-6 p.m. SCRAP Humboldt, 101 H St., Suite D, Arcata. Stop by for free reuse crafts, a treasure hunt, raffles, drop-in volunteering and store-wide sales. Free. info@scraphumboldt.org. www.scraphumboldt.org. 822-2452.

COMEDY

On The Spot Improv Comedy. 7 p.m. Arcata Theatre Lounge, 1036 G St. Improv comedy showcase with spontaneous scenes, hilarious games, snappy songs and fantastic stories all made up on the spot based on audience input. You say it, they play it. Ages 10 and up. \$7. www.arcatatheatre.com.

MUSIC

Fun with Art & Music Storytime. 11 a.m.-noon. Arcata Library, 500 Seventh St. Sing, play and paint a "Beautiful Hands Mural" in honor of Martin Luther King, Jr. Day. Free. 822-5954.

THEATER

Radioman. 2p.m., 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See Jan. 17 listing.

EVENTS

2019 Women's March Eureka. 12-2 p.m. Madaket Plaza, Foot of C Street, Eureka. Rally begins at noon. The march route is to be verified but it will be through Old Town, the Carson Mansion and back.

Humboldt Steelhead Days. Countywide, Locations throughout Humboldt County, Humboldt. Annual fishing contest and fishy events from Jan. 19 until Feb. 23 on the Mad and Trinity Rivers. www.humboldtsteelheaddays.com.

Humboldt Steelhead Days Kick-off Party. 5-9 p.m. Mad River Brewing Company & Tap Room, 101 Taylor Way, Blue Lake. Angle for music and good times as the fishing starts. www.madriverbrewing.com.

Lost Coast Kennel Club Winter Obedience/Rally Trials. 8 a.m.-4 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. www.redwoodacres.com.

FOR KIDS

Bear Story Time. 1-2 p.m. Northtown Books, 957 H St., Arcata. Northtown Books and PBS Northcoast present stories and simple crafts featuring the best stories featuring bears that they can find. Snacks. Free. info@northtownbooks.com. www.northtownbooks.com. 822-2834.

Bilingual Nature Story Time. 2-3 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Friends of the Dunes naturalist Vanessa Munoz for a story about local wildlife paired with a simple craft project, props and fun movement activities geared for ages 3-6 in both English and Spanish. Free. info@friendsofthedunes.org. friendsofthedunes.org. 444-1397.

Nature Story Time. 2-3 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Friends of the Dunes naturalist Ashley Hansen for a story that focuses on local wildlife and is paired with a simple craft project, props and fun movement activities. Geared for ages 3-6, but fun for everyone. RSVP. Free. info@friendsofthedunes.org. 444-1397.

Storytime. 11:30 a.m. McKinleyville Library, 1606 Pickett Road. Stories for children and their parents. Free.

Storytime and Crafts. 11:30 a.m. Blue Lake Library, 111 Greenwood Ave. Followed by crafts at noon. Now with a Spanish and English story every first and third Saturday. Free. blkhuml@co.Humboldt.ca.us. 668-4207.

FOOD

Arcata Plaza Winter Farmers' Market. 10 a.m.-2 p.m. Arcata Plaza Farmers' Market, Eighth and I Street block. Fresh GMO-free foods direct from the farmers. Fruits and vegetables, humanely raised meats, pastured eggs, artisanal body products, plants, hot food stands and more. Free. info@humfarm.org. www.northcoastgrowersassociation.org. 441-9999.

Breakfast and Flea Market. Third Saturday of every month, 8:30 a.m. Dow's Prairie Grange Hall, 3995 Dow's Prairie Road, McKinleyville. Enjoy pancakes, eggs and browsing knickknacks. Flea market ends at 3 p.m. \$5, \$3 for kids, first responders eat free. dowsgrange@gmail.com. www.dowspairiegrange.org. 840-0100.

GARDEN

Dune Ecosystem Restoration. 9:30 a.m.-12:30 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help remove invasive plants to make room for native plant diversity. Tools, gloves and snacks provided. Bring water and wear work clothes. Free. jess@friendsofthedunes.org. 444-1397.

MEETINGS

Photoshop User Group. Third Saturday of every month, 10 a.m.-noon. Prosperity Center, 520 E St., Eureka. Adobe Photoshop or LightRoom beginners and power users gather to swap ideas and techniques. Informal lunch usually follows. Free. wrishel@gmail.com. www.eurekaphotoshop.com. 510-410-3310.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. With leader Barbara Reisman. Free. 826-2359.

Audubon Society Arcata Marsh Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Walk leader is Jim Clark. Free. www.rras.org/calendar.

Guided Bird Walk. 9-11 a.m. Southern Humboldt Community Park, 934 Sprowl Creek Road, Garberville. Join Redwood Region Audubon Society walk leader David Fix at for a guided bird walk at Tooby Park. Binoculars and organic, shade-grown coffee available. No dogs, please. Porta-potty on the trail. Heavy rain cancels. Free. jaysooter10@gmail.com. www.rras.org. 923-2695.

ETC

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

20 Sunday

COMEDY

Two Mic Sundays. 5 p.m. Northtown Coffee, 1603 G St., Arcata. 9-11:30 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. At Northtown Coffee at 5 p.m. and Savage Henry Comedy Club at 9 p.m. Free. editor@savaghenrymagazine.com. www.savaghenrymagazine.com. 845-8864.

MUSIC

Bayside Community Hall Music Project. 6-8 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. Bandemonium, community activist street band, from 6-8 p.m. Bring wind instruments and drums. Free. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

Levin Brothers. 8-10:30 p.m. Arcata Playhouse, 1251 Ninth St. Rock bass legend Tony Levin joins brother Pete Levin and drummer Jeff "Siege" Siegel for an evening of jazz. \$34. david@arcataplayhouse.org. www.arcataplayhouse.org/events. 822-1575.

Wine and Jazz. Third Sunday of every month, 3-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Sip and listen. After every performance, audience members with instruments can jam with the band. Music by The Jared Coyle Band \$5, \$2 students/seniors, free to HAC members and children 17 and under. alex@humboldtarts.org. www.humboldtarts.org. 442-0278.

THEATER

Radioman. 2 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See Jan. 17 listing.

FOR KIDS

Redwood Empire BMX - BMX Practice/Racing. 1-2:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. See Jan. 18 listing.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

Meet Senator McGuire at Pancake Breakfast. 8-10 a.m. Mattole Grange, 36512 Mattole Road, Petrolia. State Senator Mike McGuire is coming to the Mattole Grange to meet with neighbors from 9-10 a.m. Share in homegrown, homemade pancakes with sausage, eggs. \$10. evenson@igc.org. 629-3421.

OUTDOORS

Eureka Waterfront Birding Trip. 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. Join Redwood Region Audubon Society walk leader Ralph Bucher at the foot of Del Norte Street and scope birds from the public dock until everyone assembles. Then drive to the base of the Hikshari Trail at Truesdale Street and bird along the trail to the Elk River Wildlife Sanctuary. Free. thebook@reninet.com. www.ras.org. 499-1247.

SPORTS

NFL Playoffs - Divisional and Conference. Arcata Theatre Lounge, 1036 G St. For more details and updates visit www.arcatatheater.com. Free w/\$5 food/bev purchase. www.arcatatheater.com.

ETC

Pokémon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

21 Monday

ART

MLK Day SCRAP Camp. 8:30 a.m.-3:30 p.m. SCRAP Humboldt, 101 H St., Suite D, Arcata. This single day camp for kids in grades 1-5 focuses on creative reuse projects that can be made from fabric scraps. Skills learned in SCRAP camp improve behavior and encourage children to consider their impact on the environment. \$35. education@scraphumboldt.edu. scraphumboldt.org. 822-2452.

DANCE

Baile Terapia. 7-8 p.m. Jefferson Community Center, 1000 B St., Eureka. Paso a Paso host dance therapy. Free. jorge.matias@stjoe.org. 441-4477.

MUSIC

Humboldt Harmonaires. 7-9:30 p.m. First Congregational United Church of Christ, 900 Hodgson St., Eureka. Sing four-part men's a cappella barbershop harmony, no experience needed. All voice levels and ages welcome. Free. singfourpart@gmail.com. 445-3939.

Levin Brothers. 8-10:30 p.m. Arcata Playhouse, 1251 Ninth St. See Jan. 20 listing.

McKinleyville Community Choir Practice. 6:30-8:30 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. All choral voices are welcome with a particular call for male voices. Opportunities for solos and ensemble groups. \$50 registration fee w/scholarships available. 839-2276.

EVENTS

Bowl of Beans Benefit. 5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. The 19th Annual Bowl of Beans Benefit honors Dr. Martin Luther King Jr. and his good work while benefiting local youth. Dinner includes rice, beans, cornbread and salad. Stay for performances and raffle. \$8, \$6 children/seniors. rec@cityofarcata.org. 822-7091.

GARDEN

Drop-in Garden Hours. 1-4:30 p.m. The RAVEN Project, 523 T St., Eureka. Learn how to grow a vegetable garden, compost, cook and make garden crafts. For youth ages 10-21. Free. hmccarthy@rcaa.org. 672-9944.

MEETINGS

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

OUTDOORS

Manila Community Park Clean-up. 11 a.m.-2 p.m. Manila Bay Community Park, Peninsula Drive and Lupine. Help clean up the park in honor of Martin Luther King Jr. Day of Service. Cleaning supplies and snacks provided. Bring comfortable shoes, clothes, lunch and water. Free. info@friendsofthedunes.org. 444-1397.

22 Tuesday

COMEDY

Trivia Tuesdays. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Teams of three. Three rounds. \$5 entry

Continued on next page »



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1300 CENTRAL AVE, MCKINLEYVILLE

Calendar

Continued from previous page

fee per team. Real prizes \$5. editor@savagehenrymagazine.com. www.savagehenrymagazine.com. 845-8864.

DANCE

Let's Dance. 7-9:30 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Live music. All ages. \$5. www.facebook.com/humboldt.grange. 725-5323.

LECTURE

Rare Fruits with Sam Polly. 5:30-6:30 p.m. Campus Center for Appropriate Technology, Humboldt State University, Arcata. Edible plant expert Sam Polly shares info on plants, including propagation techniques and general maintenance. Also, learn how to be a part of the sixth annual Fruit Tree Scion Exchange held on Feb. 9 at the Bayside Community Hall. Free. fogwoodworking@gmail.com.

MOVIES

The Great McGinty (1940). 6:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Part of the Written and Directed by Preston Sturges series. Hosted by Bob Doran. Free. www.humlib.org.

MUSIC

Killer Organ Trio. 8 p.m. Arcata Playhouse, 1251 Ninth St. Jazz with organist Larry Goldings, guitarist Peter Bernstein and drummer Bill Stewart. \$15, \$10 students/seniors.

MEETINGS

Humboldt Cribbers. Moose Lodge, 4328 Campton Road, Eureka. Humboldt Cribbage Club plays weekly. Seven games in summer and nine games during the season. \$8. grasshopper60@aol.com. 444-3161.

Redwood Coast Village Volunteer/Member Orientation. 1-3 p.m. Area 1 Agency on Aging, 434 Seventh St., Eureka. Redwood Coast Village is a community of volunteers helping seniors age in their own homes. Learn about becoming a new member/volunteer. Please call to register. Free. office2@redwoodcoastvillage.org. www.redwoodcoastvillage.org. 442-3763.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw Ave., Ferndale. Cards and pegs.

Katie's Krafters. 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Community Park Way. See Jan. 17 listing.

Pokémon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 20 listing.

Trans Health Talk. 5:30-7:30 p.m. The RAVEN Project, 523 T St., Eureka. Calla from HCTAYC leads a discussion on navigating trans health care, the effects of hormone therapy on the body and the associated risks and rights to safe and appropriate health care. Free for 21 and under. ysbraven@gmail.com. 443-7099.

23 Wednesday

MOVIES

Sci-Fi Pint & Fry Night: Barbarella (1968). 6 p.m. Arcata Theatre Lounge, 1036 G St. A voluptuous outer space agent travels to another galaxy in search of a missing inventor in this science fiction send-up. Free w/\$5 food/bev purchase. www.arcatatheatre.com.

MUSIC

Katie McNally Trio. 8-11 p.m. Arcata Playhouse, 1251 Ninth St. Fiddler Katie McNally is joined by genre-crossing pianist Neil Pearlman and bluegrass phenom Shauncy Ali on viola. \$15, \$13 Playhouse and Folklife members. David@arcataplayhouse.org. www.arcataplayhouse.org. 822-1575.

Sweet Harmony Women's Chorus. 6-8 p.m. Arcata United Methodist Church, 1761 11th St. All-female barbershop style chorus that sings a variety of music, including pop, jazz, gospel and Broadway show tunes in tight, four-part, a cappella harmonies. Accepting new members. Ability to read music not required. barbershophumboldt@gmail.com. (802) 490-9455, 601-8219.

MEETINGS

Healthcare For All - Humboldt. Fourth Wednesday of every month, 5 p.m. The Sanctuary, 1301 J St., Arcata. Learn about bringing a single-payer, improved Medicare for all healthcare plan to California. Free.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

24 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Jan. 17 listing.

Macrame Wall Hanging. 5:30-7:30 p.m. SCRAP Humboldt, 101 H St., Suite D, Arcata. Create beautiful woven macrame wall hanging using basic knots. Ages 10-16 years old must be accompanied by a paying adult. \$10. outreach@scraphumboldt.org. scraphumboldt.org. 822-2452.

BOOKS

A Novel Idea Book Group: The Moor's Account by Laila Lalami. 6-7 p.m. Arcata Library, 500 Seventh St. The American Book Award winner, *The Moor's Account*, narrated by Estebanico, the first black slave in the New World whose name we know. Call the library for help getting a copy of the book. Free. 822-5954.

COMEDY

Savage Henry Improv Team. 9-11:30 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. The Savage Henry Improv Team hits the stage again. \$5. editor@savagehenrymagazine.com. www.savagehenrymagazine.com. 845-8864.

DANCE

Redwood Fusion Partner Dance. 7-10 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. See Jan. 17 listing.

THEATER

Taking Steps. 8-10 p.m. Ferndale Repertory Theatre, 447 Main St. Alan Ayckbourn's breakneck British farce told across three floors of a haunted former brothel. Appropriate for ages 14+. \$16, \$14 seniors/students. info@ferndalerep.org. ferndalerep.org. 786-5483.

FOR KIDS

Trinidad Library Toddler Storytime. 10-11 a.m. Trinidad Library, 380 Janis Court. See Jan. 17 listing.

Young Discoverers. 10:30 a.m.-noon. Redwood Discovery Museum, 612 G St., Eureka. See Jan. 17 listing.

MEETINGS

Eureka Rhody Meeting. 7 p.m. Eureka Woman's Club, 1531 J St. Atsuko Gibson, Assistant Curator at the Rhododendron Species Botanical Garden in Federal Way, Washington, talks about Japanese Azaleas and her visits to a number of rhododendron groves and forests in Japan near Tokyo and a visit to Mt. Takao. Refreshments. Free. www.eurekawomansclub.org.

Toastmasters. Fourth Thursday of every month, noon. Redwood Sciences Laboratory, 1700 Bayview St., Arcata. Give and receive feedback and learn to speak with confidence. Second and fourth Thursdays. Visitors welcome.

SPORTS

HSU Women's Basketball vs. Cal State San Marcos. 5:30 p.m. Lumberjack Arena, Humboldt State University, Arcata. Cal State San Marcos take on the Jacks. Tipoff is scheduled for 5:30 p.m. \$10, free for HSU students, staff and faculty w/valid I.D.. kelly.kime@humboldt.edu. www.hsjacks.com. 826-3666.

ETC

Katie's Krafters. 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Community Park Way. See Jan. 17 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 17 listing.

Heads Up ...

Friends of the Arcata Marsh and Redwood Region Audubon Society are co-sponsoring a student bird art contest in conjunction with Godwit Days and a student nature writing contest. For more details visit www.ras.org and www.arcatamarshfriends.org. Entries must be received by Friday, March 22.

The Humboldt Branch of Women's International League for Peace and Freedom seeks applications for its Edilith Eckart Memorial Peace Scholarship/Grant, designed to support projects promoting peace and/or social justice, locally or globally. Visit www.wilpfhumboldt.wordpress.com. Deadline is 4 p.m. on April 1. May mail applications to WILPF at P.O. Box 867, Arcata, 95518 or email wilpf@humboldt1.com. 822-5711.

The Humboldt Arts Council invites community members to share collections in the show Humboldt Collects! send a completed submission form, which can be downloaded at www.humboldtarts.org and up to three digital images (high resolution JPEG: minimum 300 dpi, 1 MB) to jemima@humboldtarts.org by Jan. 18.

Donations and consignments are now being accepted at the Humboldt Coastal Nature Center for the annual Get Outside Gear Sale, happening April 13. Stop by Wednesday through Sunday from 10 a.m. to 4 p.m. Call 444-1397 or visit friendsofthedunes.org/get-outside-gear-sale for more info.

Faben Artist Fund now accepting applications. Grant guidelines are posted at www.humboldtarts.org. Email Jemima@humboldtarts.org or 442-0278, ext. 205.

The Eureka Symphony holds auditions for its Young Artist Competition on Jan. 20. Two artists will receive cash awards and be selected to play with the symphony in the Inventive Voices concert on April 12 and 13. For more information and an application, email eurekasymphony@gmail.com.

Humboldt International Film Fest call for entries. Independent filmmakers, share your art. Submission deadline: Feb. 15. Visit www.HSUFilmFestival.com to learn more.

The California Department of Fish and Wildlife Dove Banding Program seeks volunteers. More information at www.wildlife.ca.gov/Science-Institute. ●



Armie Hammer walking a respectful distance behind RBG is the porn I've been waiting for.
On the Basis of Sex

Causes Noble and Lost

Replicas and On the Basis of Sex

By John J. Bennett
filmiland@northcoastjournal.com

Reviews

REPLICAS. It's been awhile since I've done this so I hope I can be forgiven for a degree of indelicacy, as the muscles may have atrophied: This movie sucks. And not in a guilty-pleasure way or in a so-bad-it's-good way, or even as the basis of a drinking game. Rather, it consists of a wafer-thin premise barely fleshed out, acted by maybe the exact wrong cast and executed without any pretense of art or storytelling. (I conceived of a best-case scenario while watching it, wherein the movie became a thinly veiled humanitarian effort to bring some production dollars to Puerto Rico, where it was at least partially filmed.)

Will Foster (Keanu Reeves) heads a questionably funded team of biologists and other, less easily described science types bent on reclaiming the personalities of recently dead soldiers and implanting them into robots. As the movie opens, things aren't going that well. The most recent test subject awakens in his new cybernetic body, achieves consciousness and rips off his own robot face. Somehow nobody understands why he doesn't greet reanimation inside a synthetic prison with a more positive attitude. Anyway, Foster's boss Mr. Jones (John Ortiz) is on his case about the low success rate of the trials, demanding tangible, repeatable outcomes; Foster broods and smolders. But only for so long, as he has a family vacation planned. So he and his implausibly named wife Mona (Alice Eve) load the kids into the minivan to go fishing. But a nasty storm wells up and Will crashes the minivan, killing everyone except himself. (I guess the spoiler alert should have come earlier but really what am I spoiling?) So, as one does, he calls his

right-hand mad scientist Ed (Thomas Middleditch) and tells him to bring all the gear over to the house. (See, Ed is perhaps the world's foremost cloning expert). While Will extracts his family's personalities from their still-warm corpses, Ed sets up the cloning pods. Bad news though: Ed could only steal three pods, so Will has long, dark several minutes of the soul deciding which family member to leave dead. And, of course, he then has to erase said family member from the memories of the others. (This is obviously problematic but if I start picking this thing apart we'll never get out of here.) Oh, and he forces Ed to dispose of the bodies. Because, you know, hierarchy.

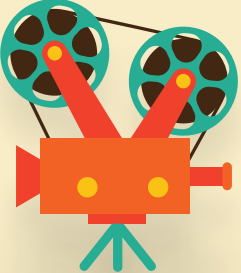
Will abandons his job, for all intents and purposes, while he re-grows his family in the basement. He neglects to call his kids' school, or the hospital where Mona is a prominent doctor, but really how could he be expected to account for such things? He's only one of the world's preeminent scientific minds, after all.

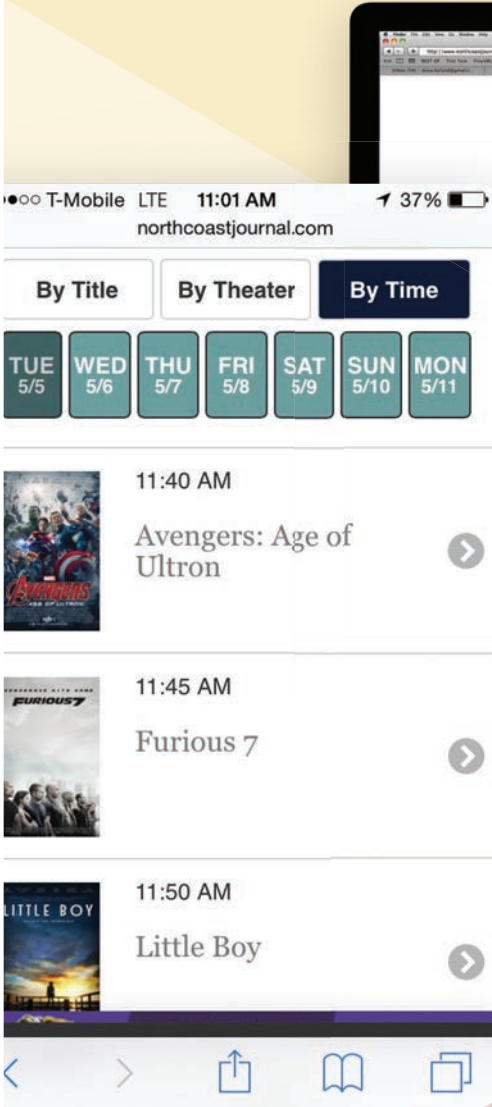
The experiment mostly works but then it comes to light that Will's employer might not be the nebulous "medical-research" group he imagined it to be. Mr. Jones, as he ominously intones, isn't even his real name! Sinister business is afoot! Cue the dramatic music (except *Replicas* can't even muster dramatic music).

By the end, the whole thing lays on the screen like, as my friend intoned, "wet garbage." Reeves, Middleditch and Ortiz all deserve better than this, and at least one of them should have known better/probably didn't need the money. It's science fiction

Continued on next page >>

MOVIE TIMES. TRAILERS. REVIEWS.





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Filmland

Continued from previous page

without the science and with precious little attention paid to the fiction. I'd estimate the actual stuff of the story at about 20 minutes worth. Even the mercifully short-by-contemporary-standards running time of 107 minutes feels like a season. *PG13. 107M. BROADWAY, MILL CREEK.*

ON THE BASIS OF SEX. Director Mimi Leder broke through about 20 years ago with a pair of high-profile action pictures: *The Peacemaker* (1997) and *Deep Impact* (1998). Since then she seems to have enjoyed a successful career in television until the silver screen called her back with this, a sort of TV movie-scaled biopic-light about Ruth Bader Ginsberg with a very good cast.

We meet RBG (Felicity Jones) as she matriculates at Harvard Law School. She's married to the funny and charming Martin Ginsberg (Armie Hammer), also a Harvard lawyer in training. When Martin contracts testicular cancer, Ruth takes it upon herself to not only care for him and their young daughter, but to attend his classes in addition to her own. It's a testament to her intelligence and determination, not least because she is constantly confronted by the chauvinistic, atavistic (read: stupid and evil) attitudes of her professors, fellow students, educational institution and the world at large.

Moving forward a few years, Martin is well placed at a private firm in Manhattan. Ruth can't find work as a practicing attorney because, well, the world was and is often a cesspool. So she teaches at Rutgers University, stifling her frustration that the world has stymied her impulse to change it. But then she comes across a Constitutional law case out of Colorado wherein she sees an opportunity. She and Martin take it on with the backing of the ACLU and the rest is history. Sort of.

On the Basis of Sex is well acted and put together proficiently enough, but it left me wanting something more dynamic, more radical. Especially now, with the end times looming, Ruth Bader Ginsberg is an embattled and, dare I say it, radical figure. I think a movie about her would ideally be less conventional but this still makes for a good history lesson. *PG13. 120M. BROADWAY, FORTUNA, MILL CREEK, MINOR.*

—John J. Bennett

See showtimes at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456; Richards' Goat Miniplex 630-5000.

Previews

THE FAVOURITE. Rachel Weisz and Emma Stone play rivals for the attention and attending power of England's Queen Ann (Olivia Colman). *R. 119M. BROADWAY, MINOR.*

GLASS. Director M. Night Shyamalan

brings characters from *Split* (James McAvoy) and *Unbreakable* (Samuel L. Jackson, Bruce Willis) together to complete the dark superhero set. *PG13. 129M. BROADWAY, MILL CREEK, FORTUNA.*

IF BEALE STREET COULD TALK. Kiki Layne, Stephan James and Regina King star in Barry Jenkins' adaptation of the James Baldwin novel. *R. 119M. MINOR.*

HARRY POTTER AND THE PRISONER OF AZKABAN (2004). The one where his dog godfather breaks out of the joint. Relatable. *G. 238M. BROADWAY.*

Continuing

AQUAMAN. James Wan directs the butchered-up ocean superhero's (Jason Momoa) solo feature with Amber Heard and an army of CG sea creatures. *PG13. 143M. BROADWAY, FORTUNA, MILL CREEK.*

BUMBLEBEE. *Transformers* spinoff starring Hailee Steinfeld and John Cena. *PG13. 113M. BROADWAY.*

BURNING. A young man (Ah-In Yoo) is tangled up with a missing woman (Jong-seu Jun) and a rich, mysterious firebug (Steven Yeun) in this beautiful, austere Korean drama adapted from an equally strange Haruki Murakami story. *NR. 148M. MINIPLEX.*

A DOG'S WAY HOME. Live action drama in which a lost dog (voiced by Bryce Dallas Howard) searches for her owner cross country. Starring Ashley Judd. *PG. 96M. BROADWAY, FORTUNA, MILL CREEK.*

ESCAPE ROOM. A handful of strangers use their wits to make it out of a deadly series of high-tech immersive puzzles. Starring Taylor Russell and Deborah Ann Woll. *PG13. 100M. BROADWAY, FORTUNA.*

GREEN BOOK. The set-up of a racist white man driving a black concert pianist around the South in the '60s is cringeworthy but Viggo Mortensen and Mahershala Ali give immersive, deeply-felt performances in director Peter Farrelly's surprisingly restrained film. *PG13. 130M. BROADWAY.*

MARY POPPINS RETURNS. The original super nanny (Emily Blunt) takes on the children of her former charges. With Lin-Manuel Miranda and a freakishly spry Dick Van Dyke. *PG. 130M. BROADWAY, MILL CREEK.*

THE MULE. Clint Eastwood's storytelling is as controlled as his performance as an aging, failed father smuggling drugs for a cartel as the DEA closes in. With Bradley Cooper and Michael Peña. *R. 116M. BROADWAY, FORTUNA.*

RALPH BREAKS THE INTERNET. More video game hijinks voiced by John C. Reilly and Sarah Silverman. *PG. 112M. BROADWAY.*

SPIDER-MAN: INTO THE SPIDER-VERSE. Inter-dimensional spider heroes team up in an animated adventure. Starring Shameik Moore, Jake Johnson and Hailee Steinfeld. *PG. 117M. BROADWAY, MILL CREEK.*

THE UPSIDE. An inexperienced parolee (Kevin Hart) becomes an assistant to a wealthy man with quadriplegia (Bryan Cranston). With Nicole Kidman. *PG13. 125M. BROADWAY, MILL CREEK.*

—Jennifer Fumiko Cahill

Workshops & Classes

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Dance/Music/Theater/Film

ARTISTS WHO ANIMATE is a gathering of folks who are interested in animation as art. Artists and art lovers are all welcome to come and share ideas, ask questions and inspire each other. Next gathering: 2/1/18 at 7:00 PM. For details, see: artistswhoanimate.com

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-0131)

REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA. Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 www.redwoodraks.com (DMT-0131)

STEEL DRUM CLASSES. Weekly Beginning Class: Fri's. 10:30a.m.-11:30a.m., Level 2 Beginners Class Fri's. 11:30a.m.-12:30 p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-0131)

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0131)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Community Hall 6-7 p.m., 2297 Jacoby Creek Rd. \$6. (707) 845-4307 marlajoy.zumba.com (F-0131)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0131)

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A BRIEF INTRODUCTION TO THE JOYS & CHALLENGES OF CREATIVE WRITING WITH BONNIE SHAND. Delve into creative expression in this introduction to the writing tools of recurrence, image, metaphor, simile, creative tension and revision. Fri., Feb. 8, 10:30 a.m.-4:30 p.m. \$70. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0117)

AMERICAN INDIANS & NATIONAL PARKS WITH MICHAEL TUREK. Explore the conflict and collaboration between native peoples and the National Park Service. Wed., Feb. 6, 2-4:30 p.m. \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0117)

FOUNDERS OF WESTERN CIVILIZATION: ISLAM'S GOLDEN AGE WITH MOLLY CATE. Islam is often misrepresented in the West as a backward, violent religion. We will examine misperceptions and explore the many works of Muslim scholars and traders. Thurs., Feb. 7, 10:30 a.m.-1 p.m. \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0117)

INNER STRENGTH: ENERGY & KIATSU WITH MAIREAD SARDINA. Discover the strength of your own life energy through discussion, meditation, and exercises. Thurs., Feb. 7, 2-4:30 p.m. \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0117)

NATURE, ART & THE HUMAN SPIRIT WITH JEFF HART. Explore the human perception of nature's beauty, covering awe, picturesque, biological, psychological, and cultural implications of art. Sat., Feb. 9, 10:30 a.m.-1 p.m. \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0117)

THE ARMCHAIR TRAVELER: LET'S LOOK AT EUREKA! WITH JERRY AND GISELA ROHDE. Look at the historic sites and architectural marvels of Eureka, including the North Mountain Power Co., Knights of Pythias Hall, and the High Lead Saloon, all to be seen from your OLLI armchair. Sat., Feb. 9, 2-4:30 p.m. \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0117)

Spiritual

EVOLUTIONARY TAROT Ongoing classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-0131)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided at 9am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0117)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m., Community Yoga Center 890 G St., Arcata. Contact Lama Nyugu (707) 442-7068. Fierro_roman@yahoo.com. www.kdkarcatagroup.org (S-0131)

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-0131)

Sports & Recreation

BECOME A RIVER GUIDE : R&R Guide School March 17-22 .Work Scholarships available www.redwoods-rivers.com 800-429-0090

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0131)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (TS-0131)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0131)

Vocational

AUTO BODY COLLISION REPAIR Informational meetings Jan 30 or Feb 13! Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

CULINARY FUNDAMENTALS Feb 13 - Mar 7. Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

EXCEL, ADVANCED Mar 26 - Apr 4. Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

EXCEL, BEGINNING Feb 12 - 21. Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

EXCEL, INTERMEDIATE Feb 26 - Mar 7. Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

FREE AMERICAN SIGN LANGUAGE CLASSES Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0207)

FREE BEGINNING LITERACY CLASS Call College of The Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-1010)

FREE COMPUTER SKILLS CLASS Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0207)

FREE ENGLISH AS A SECOND LANGUAGE CLASSES Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0207)

FREE LIVING SKILLS FOR ADULTS WITH DISABILITIES Call College of the Redwoods Adult Education at 70-7476-4520 for more information or come to class to register. (V-0110)

INJECTIONS Feb 3. One day training! Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0116)

LOAN DOCUMENT SIGNING Feb 4 One day training! Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

MICROSOFT PUBLISHER AND POWERPOINT Jan 22 - 24. Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

NOTARY Feb 5 OR Feb 6 One day training! Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

VENIPUNCTURE Jan 27. One day training! Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

WORD, BEGINNING & INTERMEDIATE TIPS, TRICKS AND SHORTCUTS Starts Apr 30th. Call CR Workforce and Community Education for more information at (707) 476-4500. (V-0117)

Wellness & Bodywork

AYURVEDA AWESOMENESS! WITH TRACI WEBB. Classes and Professional Trainings: AYURVEDIC MASSAGE TRAINING & SPRING DETOX. March 1-3 & 8-10. Become an Ayurvedic Massage Therapist. Learn Ayurvedic Warm Oil Massage, Hot Stones, Marma Points, Essential Oils + Spring Detox Deadline 2/19. AYURVEDA LIFE MASTERY! 9-Month Professional AYURVEDA HEALTH & LIFE COACH TRAINING: Starts May 7. Take your Health & Life to the next level! Make a difference not just a living! Register Early Save up to \$650! AYURVEDIC SELF-CARE IMMERSION: May 11-12, Enjoy Self-Massage, Body Scrubs, Facial Steam, Sinus, Oral, Eye Care, Daily Lunch, Yoga, and Taking Exquisite Care of Yourself, \$197 by April 19 (\$249 after). Professional AYURVEDIC PRACTITIONER PROGRAM Starts May 7. REGISTER: www.ayurvedicliving.com (707) 601-9025 (W-0214) (W-0214)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs: Medicinal Preparations. Jan 23 - Mar 13, 2019, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2019. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Springtime in Tuscany: An Herbal Journey. May 25 - June 5, 2019. Immerse yourself fully in the healing traditions, art, architecture, and of course the food of an authentic Tuscan villa! Register online www.dandelionherb.com or call (707) 442-8157. (W-1025)

FIRST DEGREE REIKI CLASS Awaken Your Inner Healer
In 1st Degree Reiki we learn to give Reiki to ourselves and others. In this 2 day class students receive Reiki attunements and learn about the history and practice of Reiki with plenty of time to practice giving and receiving Reiki treatments. Taught by Reiki Master-Teacher Christy Robertson at Sun Yi's Academy in Arcata. (707) 845-0238 sacredfireenergetics@gmail.com
www.sacredfireenergetics@gmail.com

Legal Notices

T.S. No.: 18-21033 A.P.N.: 040-206-004 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/2/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor: ELLEN L KEENE, AN UNMARRIED WOMAN, AND SUSAN E HALL, A MARRIED WOMAN, ALL AS JOINT TENANTS Duly Appointed Trustee: Carrington Foreclosure Services, LLC Recorded 2/10/2006 as Instrument No. 2006-4474-16 in book , page of Official Records in the office of the Recorder of Humboldt County, California. Described as follows: As more fully described on said Deed of Trust. Date of Sale: 2/5/2019 at 11:00 AM Place of Sale: Outside the front entrance to the County Courthouse located at 825 5th Street, Eureka, CA 95501 Amount of unpaid balance and other charges: \$274,134.00 (Estimated) Street Address or other common designation of real property: 410 11TH STREET FORTUNA, CA 95540 A.P.N.: 040-206-004 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's

sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holder's rights against the real property only. THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE. As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site www.STOXPOSTING.com, using the file number assigned to this case 18-21033. Information about postponements that are very short in

Continued on next page »

duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 01/02/2019 Carrington Foreclosure Services, LLC 1500 South Douglass Road, Suite 150 Anaheim, CA 92806 Automated Sale Information: (844) 477-7869 or www.STOXPOSTING.com for NON-SALE information: 888-313-1969 Vanessa Gomez, Trustee Sale Specialist

1/10, 1/17, 1/24 (19-009)

TS # 18-2575 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED: 10/23/15. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. TRUSTOR: Brenden Morton, a married man as his sole and separate property DULY APPOINTED TRUSTEE: Foreclosure Specialists, a General Partnership RECORDED: 10/30/15 AS INSTRUMENT NO. 2015-020749-8 of Official Records in the office of the Recorder of Humboldt County, California. DATE OF SALE: Thursday, January 24, 2019 at 11:00 AM PLACE OF SALE: At the front entrance to the County Courthouse at 825 5th Street, Eureka, CA 95501 THE COMMON DESIGNATION OF THE PROPERTY IS PURPORTED TO BE: Vacant Land-Directions to the property may be obtained pursuant to a written request submitted to the Beneficiary, Veena K. Menda, Trustee of The Veena K. Menda Revocable Trust utd June 19, 1992, within 10 days from the first publication of this notice at P.O. Box 994465, Redding, CA 96099-4465. PARCEL ONE: Lot 6 in Section 31, Township 11 North, Range 3 East, Humboldt Meridian. PARCEL TWO: A non-exclusive right of way for

ingress and egress, 20 feet in width, the center line of which is the center line of the existing road, as to any portion of said road located within Lot 11, the east half of the southwest quarter, the west half of the southeast quarter and the southeast quarter of the southeast quarter of said section 31. Said right of way is appurtenant to Parcel One above described and to any lands in the vicinity of Parcel One vested of record in the grantees herein, or any of them, or any lands that may be acquired by the grantees, or any of them, in the vicinity of said Parcel One, together with the right to convey said right of way with said appurtenant land or any resubdivisions thereof. PARCEL THREE: A non-exclusive right of way as to any right, title or interest of the grantor therein, over the road known as Hancorne Road, running from the southerly end of the right of way described in Parcel Two in a general southerly direction to the County Road known as Johnson Road. APN: 533-014-008 Amount of unpaid balance and other charges: \$ 102,749.94 Beneficiary may elect to open bidding at a lesser amount. The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to fee and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to

learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at 530-246-2727; Toll Free: 844-333-6766, or visit this Internet Web site: calforeclosures.biz, using the file number assigned to this case: TS # 18-2575. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NPP website and sales line number: www.nationwideposting.com Trustee Sales Automated Number: 916-939-0772 DATE: 12/19/18 FORECLOSURE SPECIALISTS P.O. Box 994465 REDDING, CA 96099-4465 530-246-2727; Toll Free: 844-333-6766 Sheena Hunter Foreclosure Specialists is assisting the Beneficiary in collecting a debt. Any and all information obtained may be used for that purpose. NPP0345826 To: NORTH COAST JOURNAL 01/03/2019, 01/10/2019, 01/17/2019

01/03, 01/10, 01/17 (19-001)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at auction by competitive bidding on the 23rd of January, 2019, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage.

The following spaces are located at 4055 Broadway Eureka, CA, County of Humboldt.

Jennifer Lenihan, Space # 5013
Margaret Holverson, Space # 5067
Robert Lopez-Fregoso, Space # 5103
Dagan Short, Space # 5118
Heidi Schrack, Space # 5135
Lindsey White, Space # 5274
Gene Tyldsley, Space # 5332
Danielle Miller, Space # 5429
Asika Nicks, Space # 5551

The following spaces are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Richard West, Space # 2117
Kenton Armstrong, Space # 2611
Dixie Rogers, Space # 3114
Justin Alora-Bryant, Space # 3309

The following spaces are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Viviana Hollenbeck, Space # 1105
Paul Woodard, Space # 1227
Kristy Lee, Space # 1312
Jordan Carroll, Space # 1661
Kimberly James, Space # 1719
Bridgett Potter, Space # 1737
Kristopher Koreen, Space # 1787

The following spaces are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Ian Fusi, Space # 108
Lois Stevens, Space # 173
Jonathan Bruce, Space # 229
Julie Saravia, Space # 231
Lois Stevens, Space # 342
Jayme Cohn, Space # 471
Jonathan Penrod, Space # 481
Joseph Calvosa, Space # 490
Monique Hernandez, Space # 710
Robert Plitnikas, Space # 745
Monica Robinson, Space # 766
Brooxie Cruse, Space # 785
Angela Maldonado, Space # 853

Items to be sold include, but are not limited to: Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown.

Anyone interested in attending Rainbow Self Storage auctions must pre-qualify. For details call 707-443-1451. Purchases must be paid for at the time of the sale in cash only. All pre-qualified Bidders must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchased items are sold as is, where is and must be removed at time of sale. Sale is subject to cancellation for any reason whatsoever. Auctioneer: Kim Santsche, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 10th day of January, 2019 and 17th day of January, 2019

(18-333)

FICTITIOUS BUSINESS NAME STATEMENT 18-00762

The following person is doing Business as THE BIGFOOT

Humboldt
1750 Central Ave
McKinleyville, CA 95519
PO Box 2482
McKinleyville, CA 95519

LNR Holdings
CA 201811710638
2334 Sutter Rd
McKinleyville, CA 95519

The business is conducted by a

Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Ray Noggle, Partner This statement was filed with the County Clerk of Humboldt County on December 18, 2018 KELLY E. SANDERS by se, Humboldt County Clerk

12/27, 1/3, 1/10, 1/17 (18-335)

FICTITIOUS BUSINESS NAME STATEMENT 18-00763

The following person is doing Business as BLUE SKY ROOFER

Humboldt
1716 Van Eaton Ave
McKinleyville, CA 95519

Clear-sighted Inspections
CA Corporation C4094958
1716 Van Eaton Ave
McKinleyville, CA 95519

The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Mark Friedrich, President This statement was filed with the County Clerk of Humboldt County on December 18, 2018 KELLY E. SANDERS by sm, Humboldt County Clerk

12/27, 1/3, 1/10, 1/17 (18-334)

FICTITIOUS BUSINESS NAME STATEMENT 19-00038

The following person is doing Business as THE COMPASS ROSE ACADEMY

Humboldt
603 Patterson Rd #8
Willow Creek, CA 95573

PO Box 174
Willow Creek, CA 95573
603 Patterson Rd #8
Willow Creek, CA 95573

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this

statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Matthew Kind, Maestro This statement was filed with the County Clerk of Humboldt County on January 14, 2019 KELLY E. SANDERS by kt, Humboldt County Clerk

1/17, 1/24, 1/31, 2/7 (19-014)

FICTITIOUS BUSINESS NAME STATEMENT 19-00033

The following person is doing Business as STEWART TELECOMMUNICATIONS

Humboldt
1827 3rd Street
Eureka, CA 95501

StewTel, Inc.
California 3524216
1827 3rd Street
Eureka, CA 95501

The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Steven J. Lafferty, President This statement was filed with the County Clerk of Humboldt County on January 14, 2019 KELLY E. SANDERS by sc, Humboldt County Clerk

1/17, 1/24, 1/31, 2/7 (19-015)

FICTITIOUS BUSINESS NAME STATEMENT 18-00764

The following person is doing Business as TOKU

Humboldt
1255 CA 96
Willow Creek, CA 95573
600 F St Ste 3 PMB 422
Arcata, CA 95521

Sacred Earth Apothecary Inc
CA C3858708
1255 CA 96
Willow Creek, CA 95573

The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to

Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Edward Janicki, CEO This statement was filed with the County Clerk of Humboldt County on December 19, 2018 KELLY E. SANDERS by sc, Humboldt County Clerk

1/3, 1/10, 1/17, 1/24 (19-003)

FICTITIOUS BUSINESS NAME STATEMENT 18-00767

The following person is doing Business as SOUTH FORK RIVER RANCH LLC 130 Carlson Lane Eureka, CA 95503 PO box 2095 McKinleyville, CA 95519

Humboldt
South Fork River Ranch LLC
CA 201814510659
130 Carlson Lane
Eureka, CA 95503

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Ryan Holcomb, Owner This statement was filed with the County Clerk of Humboldt County on December 20, 2018 KELLY E. SANDERS by sm, Humboldt County Clerk

1/10, 1/17, 1/24, 1/31 (19-005)

FICTITIOUS BUSINESS NAME STATEMENT 18-00768

The following person is doing Business as SUNKISSED BOSWORTH CREEK FARMS LLC

Humboldt
36490 Alderpoint Rd
Blocksburg, CA 95514

Sunkissed Bosworth Creek Farms LLC
CA 201828110097
36490 Alderpoint Rd
Blocksburg, CA 95514

The business is conducted by a Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the regis-

trant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Penny Harris, Primary
This statement was filed with the County Clerk of Humboldt County on December 20, 2018
KELLY E. SANDERS
by se, Humboldt County Clerk

12/27, 1/3, 1/10, 1/17 (18-336)

FICTITIOUS BUSINESS NAME STATEMENT 18-00771

The following person is doing Business as
KIMO

Humboldt
303 Dick Smith Rd
Fortuna, CA 95540

Dale K Bagley
303 Dick Smith Rd
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Dale K. Basley, Owner
This statement was filed with the County Clerk of Humboldt County on December 21, 2018
KELLY E. SANDERS
by sm, Humboldt County Clerk

12/27, 1/3, 1/10, 1/17 (18-338)

FICTITIOUS BUSINESS NAME STATEMENT 18-00770

The following person is doing Business as
EMERALD CARAVAN

Humboldt
4132 Soule Street
Eureka, CA 95503

Rita R Keating
4132 Soule Street
Eureka, CA 95503
Sandra J Saldana
4056 Walnut Drive #F
Eureka, CA 95503

The business is conducted by a General Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Sandra J. Saldana, Co-Owner

This statement was filed with the County Clerk of Humboldt County on December 21, 2018
KELLY E. SANDERS
by sm, Humboldt County Clerk

12/27, 1/3, 1/10, 1/17 (18-337)

FICTITIOUS BUSINESS NAME STATEMENT 18-00772

The following person is doing Business as
JODI LEE BOOKKEEPING SERVICES

Humboldt
517 3RD St, Ste 9
Eureka, CA 95501

Jodi L Demontigny
517 3rd St, Ste 9
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jodi Demontigny, Owner
This statement was filed with the County Clerk of Humboldt County on December 21, 2018
KELLY E. SANDERS
by se, Humboldt County Clerk

1/10, 1/17, 1/24, 1/31 (19-006)

FICTITIOUS BUSINESS NAME STATEMENT 19-00032

The following person is doing Business as
UNION SON CANNING AND SUNDRIES

Humboldt
1761 Oakdale Drive
McKinleyville, CA 95519

Todd M Lawson
1761 Oakdale Drive
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Todd Lawson, Owner/Operator
This statement was filed with the County Clerk of Humboldt County on January 11, 2019
KELLY E. SANDERS
by se, Humboldt County Clerk

1/17, 1/24, 1/31, 2/7 (19-013)

FICTITIOUS BUSINESS NAME STATEMENT 19-00004

The following person is doing Business as
LUCKY STAR REALTY

Humboldt
430 Grotto St
Eureka, CA 95501
PO Box 365
Eureka, CA 95502

Thavisak Syphanthong
4391 Cedar St
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Thavisak Syphanthong, Broker/Owner
This statement was filed with the County Clerk of Humboldt County on January 2, 2019
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/10, 1/17, 1/24, 1/31 (19-007)

FICTITIOUS BUSINESS NAME STATEMENT 19-00014

The following person is doing Business as
TRPA FISH BIOLOGISTS
890 L Street
Arcata, CA 95521

Humboldt
890 L Street
Arcata, CA 95521

Kathleen A. Salamunovich
2966 Woodland Court
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Kathleen A. Salamunovich, Owner/Sole Proprietor
This statement was filed with the County Clerk of Humboldt County on January 3, 2019
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/10, 1/17, 1/24, 1/31 (19-004)

FICTITIOUS BUSINESS NAME STATEMENT 19-00005

The following person is doing Business as
EUREKA SKATE SHOP

Humboldt
539 G St, Ste 105
Eureka, CA 95501
PO Box 365
Eureka, CA 95502

Thavisak Syphanthong
4391 Cedar St
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Thavisak Syphanthong, Owner
This statement was filed with the County Clerk of Humboldt County on January 2, 2019
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/10, 1/17, 1/24, 1/31 (19-008)

LEGALS?
442-1400 x314

FICTITIOUS BUSINESS NAME STATEMENT 19-00020

The following person is doing Business as
SOURCE NURSERY

Humboldt
5550 West End Road, Ste 6
Arcata, CA 95521

Yager Creek Farm, LLC
California 201615310078
5550 West End Road, Ste. 6
Arcata, CA 95521

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Anthony Douglas Frink, Member/Manager
This statement was filed with the County Clerk of Humboldt County on January 7, 2019
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/10, 1/17, 1/24, 1/31 (19-010)

FICTITIOUS BUSINESS NAME STATEMENT 19-00027

The following person is doing Business as
EQUANIMOUS MASSAGE

Humboldt
7128 Humboldt Hill Rd
Eureka, CA 95503

Daniel Zellman
7128 Humboldt Hill Rd
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Daniel Zellman, Owner
This statement was filed with the County Clerk of Humboldt County on January 10, 2019
KELLY E. SANDERS
by sm, Humboldt County Clerk

1/17, 1/24, 1/31, 2/7 (19-012)

FICTITIOUS BUSINESS NAME STATEMENT 19-00025

The following person is doing Business as
OLD TOWN JEWELERS EUREKA

Humboldt
311 F St
Eureka, CA 95501

Steven V Johnson
2350 16th St
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Steven V. Johnson, Owner
This statement was filed with the County Clerk of Humboldt County on January 9, 2019
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/17, 1/24, 1/31, 2/7 (19-011)

NOTICE OF RIGHT TO CLAIM EXCESS PROCEEDS FROM THE SALE OF TAX-DEFAULTED PROPERTY
Made pursuant to Section 4676, Revenue and Taxation Code
Excess proceeds have resulted from the sale of tax-defaulted property on November 16th-19th 2018, listed below. Parties of interest, as defined by California Revenue and Taxation Code Section 4675, are entitled to claim the excess proceeds.
All claims must be in writing and must contain sufficient information and proof to establish a claimant's right to all or any part of the excess proceeds. Claims filed with the county more than one year after recordation of the tax collector's deed to the purchaser on December 18, 2018 cannot be considered.

ASSESSMENT NO.	ADDRESS/LOCATION	EXCESS PROCEEDS
109-032-024-000	508 Beach Rd, Shelter Cove	\$2,498.47
109-201-022-000	211 Beach Rd, Shelter Cove	\$11,101.87
109-271-050-000	No Situs, Shelter Cove	\$680.67
110-131-033-000	117 Parsons Rd, Shelter Cove	\$8,582.11
111-011-035-000	622 Upper Pacific Dr, Shelter Cove	\$1,154.39
111-071-018-000	145 Du Luard Dr, Shelter Cove	\$193.83
111-071-019-000	151 Du Luard Dr, Shelter Cove	\$1,577.72
111-112-016-000	No Situs, Shelter Cove	\$3,118.62
202-102-027-000	No Situs, Fortuna	\$5,716.94
208-221-007-000	No Situs, Dinsmore	\$37,065.33
223-181-039-000	549 Timber Ln, Garberville	\$27,862.09
520-081-002-000	114 Lundblade St, Orick	\$16,324.94

Claim forms and information regarding filing procedures may be obtained at the Humboldt County Tax Collector's Office, 825 5th Street, Room 125, Eureka, CA 95501, on our website www.humboldtgov.org/tax or by calling (707) 476-2450 or toll free (877) 448-6829 between 8:30 am-Noon and 1:00pm-5:00pm, Monday through Friday.



NCJ DAILY
No longer just a weekly.

Free Will Astrology

Week of Jan. 17, 2019

By Rob Breznsky

freewillastrology@freewillastrology.com

ARIES (March 21-April 19): In 1917, leaders of the Christian sect Jehovah's Witnesses prophesied that all earthly governments would soon disappear and Christianity would perish. In 1924, they predicted that the ancient Hebrew prophet Moses would be resurrected and speak to people everywhere over the radio. In 1938, they advised their followers not to get married or have children, because the end of civilization was nigh. In 1974, they said there was only a "short time remaining before the wicked world's end." I bring these failed predictions to your attention, Aries, so as to get you in the mood for my prediction, which is: all prophecies that have been made about your life up until now are as wrong as the Jehovah's Witnesses' visions. In 2019, your life will be bracingly free of old ideas about who you are and who you're supposed to be. You will have unprecedented opportunities to prove that your future is wide open.

TAURUS (April 20-May 20): Movie critic Roger Ebert defined the term "idiot plot" as "any film plot containing problems that would be solved instantly if all of the characters were not idiots." I bring this to your attention because I suspect there has been a storyline affecting you that in some ways fits that description. Fortunately, any temptation you might have had to go along with the delusions of other people will soon fade. I expect that as a result, you will catalyze a surge of creative problem-solving. The idiot plot will transform into a much smarter plot.

GEMINI (May 21-June 20): In 1865, Prussia's political leader Otto von Bismarck got angry when an adversary Rudolf Virchow suggested cuts to the proposed military budget. Bismarck challenged Virchow to a duel. Virchow didn't want to fight, so he came up with a clever plan. As the challenged party, he was authorized to choose the weapons to be used in the duel. He decided upon two sausages. His sausage would be cooked; Bismarck's sausage would be crammed with parasitic roundworms. It was a brilliant stratagem. The proposition spooked Bismarck, who backed down from the duel. Keep this story in mind if you're challenged to an argument, dispute or conflict in the coming days. It's best to figure out a tricky or amusing way to avoid it altogether.

CANCER (June 21-July 22): An imaginative 27-year-old man with the pseudonym Thewildandcrazyoli decided he was getting too old to keep his imaginary friend in his life. So he took out an ad on Ebay, offering to sell that long-time invisible ally, whose name was John Malipiemman. Soon his old buddy was dispatched to the highest bidder for \$3,000. Please don't attempt anything like that in the coming weeks, Cancerian. You need more friends, not fewer — both of the imaginary and non-imaginary variety. Now is a ripe time to expand your network of compatriots.

LEO (July 23-Aug. 22): In December 1981, novice Leo filmmaker James Cameron got sick, fell asleep, and had a disturbing dream. He saw a truncated robot armed with kitchen knives crawling away from an explosion. This nightmare ultimately turned out to be a godsend for Cameron. It inspired him to write the script for the 1984 film *The Terminator*, a successful creation that launched him on the road to fame and fortune. I'm expecting a comparable development in your near future, Leo. An initially weird or difficult event will actually be a stroke of luck.

VIRGO (Aug. 23-Sept. 22): Psychologists define the Spotlight Effect as our tendency to imagine that other people are acutely attuned to every little nuance of our behavior and appearance. The truth is that they're not, of course. Most everyone is primarily occupied with the welter of thoughts buzzing around inside his or her own head. The good news, Virgo, is that you are well set up to capitalize on this phenomenon in the coming weeks. I'm betting you will achieve a dramatic new liberation: you'll be freer than ever before

from the power of people's opinions to inhibit your behavior or make you self-conscious.

LIBRA (Sept. 23-Oct. 22): What North America community is farthest north? It's an Alaskan city that used to be called Barrow, named after a British admiral. But in 2016, local residents voted to reinstate the name that the indigenous Iñupiat people had once used for the place: Utqiagvik. In accordance with astrological omens, I propose that in the coming weeks, you take inspiration from their decision, Libra. Return to your roots. Pay homage to your sources. Restore and revive the spirit of your original influences.

SCORPIO (Oct. 23-Nov. 21): The Alaskan town of Talkeetna has a population of 900 so it doesn't require a complicated political structure to manage its needs. Still, it made a bold statement by electing a cat as its mayor for 15 years. Stubbs, a part-manx, won his first campaign as a write-in candidate, and his policies were so benign — no new taxes, no repressive laws — that he kept getting re-elected. What might be the equivalent of having a cat as your supreme leader for a while, Scorpio? From an astrological perspective, now would be a favorable time to implement that arrangement. This phase of your cycle calls for relaxed fun and amused mellowness and laissez-faire jauntiness.

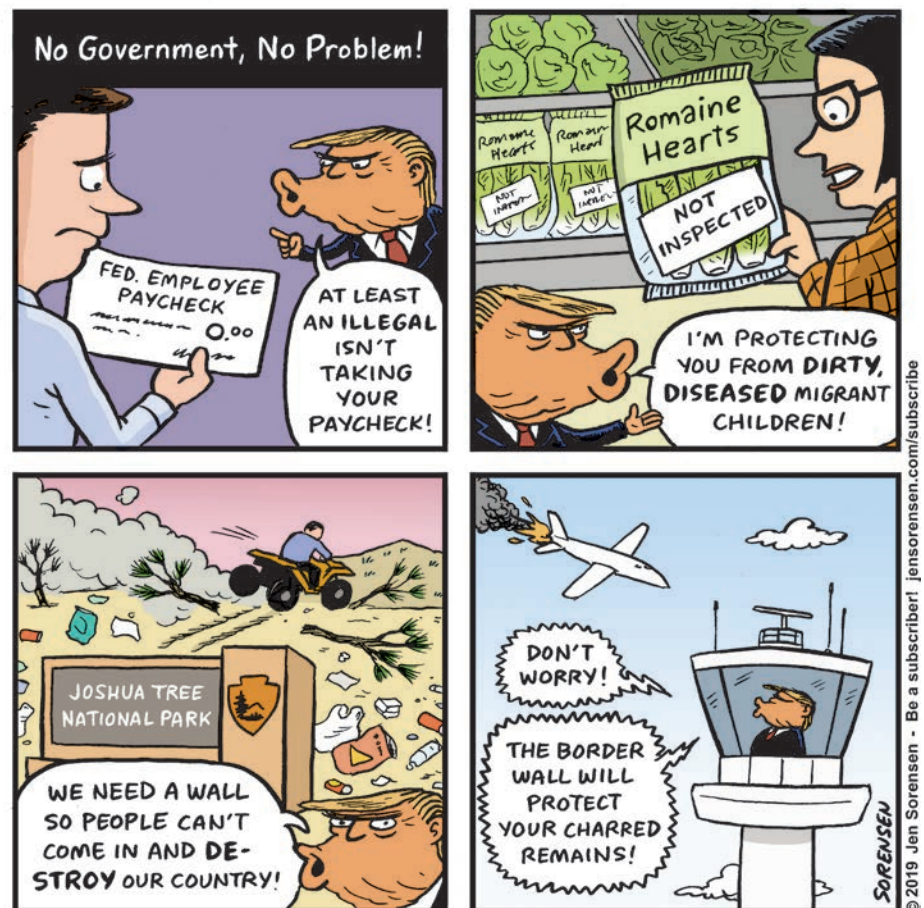
SAGITTARIUS (Nov. 22-Dec. 21): Trees need to be buffeted by the wind. It makes them strong. As they respond to the pressure of breezes and gusts, they generate a harder kind of wood called reaction wood. Without the assistance of the wind's stress, trees' internal structure would be weak and they might topple over as they grew larger. I'm pleased to report that you're due to receive the benefits of a phenomenon that's metaphorically equivalent to a brisk wind. Exult in this brisk but low-stress opportunity to toughen yourself up!

CAPRICORN (Dec. 22-Jan. 19): Writing at ThePudding, pop culture commentator Colin Morris reveals the conclusions he drew after analyzing 15,000 pop songs. First, the lyrics of today's tunes have significantly more repetitiveness than the lyrics of songs in the 1960s. Second, the most popular songs, both then and now, have more repetitive lyrics than the average song. Why? Morris speculates that repetitive songs are catchier. But in accordance with current astrological omens, I encourage you Capricorns to be as unrepentant as possible in the songs you sing, the messages you communicate, the moves you make, and the ideas you articulate. In the coming weeks, put a premium on originality, unpredictability, complexity and novelty.

AQUARIUS (Jan. 20-Feb. 18): In May 1927, Aquarian aviator Charles Lindbergh made a pioneering flight in his one-engine plane from New York to Paris. He became instantly famous. Years later, Lindbergh testified that partway through his epic journey he was visited by a host of odd, vaporous beings who suddenly appeared in his small cabin. They spoke with him, demonstrating a sophisticated understanding of navigation and airplane technology. Lindbergh's spirits were buoyed. His concentration, which had been flagging, revived. He was grateful for their unexpected support. I foresee a comparable kind of assistance becoming available to you sometime soon, Aquarius. Don't waste any time being skeptical about it; just welcome it.

PISCES (Feb. 19-March 20): More than four centuries ago, a Piscean samurai named Honda Tadakatsu became a leading general in the Japanese army. In the course of his military career, he fought in more than a hundred battles. Yet he never endured a major wound and was never beaten by another samurai. I propose we make him your inspirational role model for the coming weeks. As you navigate your way through interesting challenges, I believe that like him, you'll lead a charmed life. No wounds. No traumas. Just a whole lot of educational adventures. ●

Cartoons



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Cancer, Part 1: The Unwinnable War

By Barry Evans
fieldnotes@northcoastjournal.com

Like the War on Drugs, the \$500 million War on Cancer was doomed from the get-go. In the case of drugs, you're fighting human nature. With cancer, the opponent is an even more implacable force: evolution, which, according to British chemist Leslie Orgel, "is cleverer than you are."

We all know about the ravages of cancer, either personally or through the travails of a close friend or family member. No wonder. Every year, more than half a million people in the United States die from cancer and nearly 2 million cases are newly diagnosed. True, we're making some advances: Overall cancer death rates are slowly decreasing, especially (in men) for lung, prostate and colorectal, and (in women) for breast and colorectal. Vaccines are available for virus-borne cancers, such as cervical cancer and some liver cancers, while immunotherapy — artificial stimulation of the immune system — is looking more and more promising.

Still, the overall statistics are pretty bleak: 60 years ago, 1 in 16 people got cancer; 40 years ago, 1 in 10 did. Today the American Cancer Society estimates that two in five men will develop cancer in their lifetime, with half of those dying from it. Odds are only slightly better for women. Today cancer kills more people under 85 than heart disease. (Of course, there are many more 85 year olds today than before.) Three-quarters of people in the UK diagnosed with cancer are over 60, turning the traditional Vulcan greeting on its head: *Live long and get cancer.*

The enemy — our own rebel cells dividing and spreading uncontrollably — is devious to a fault. For instance, every time we attack tumors with radiation or drugs, we're artificially speeding up evolution, breeding even tougher cancer cells. Which is why the main therapy of choice these days, targeted drugs designed to destroy potential cancerous genes, may be successful in the short term, but typically, one to two years later, treatment results in newly evolved resistance in the patient.

And diagnosis is far from straightforward. A definitive diagnosis is normally performed by taking a biopsy from a tumor but a centimeter away, undetected, another related form of cancer may be thriving (leukemia comes in up to 20 different forms, lung cancer in dozens). Plus cancer's a shape-shifter: By the time treatment starts, the cells being

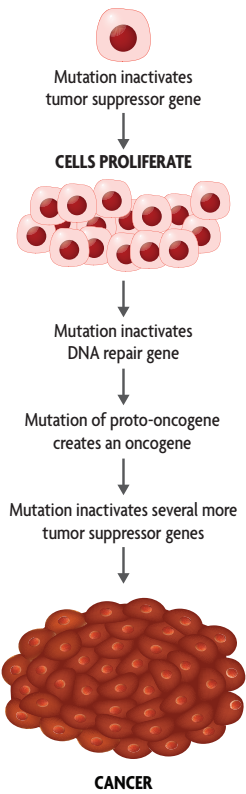
attacked may have mutated so the prescribed treatment no longer works.

Plain bad luck accounts for some 58 percent of cancers. Eat well, exercise regularly, don't smoke ... and you're still in this cohort. Even with the other 42 percent, the usual risk factors — smoking, alcohol, obesity — are still not cut and dried. Take smoking, which I discussed in a column last year ("Correlation ≠ Causation," June 14, 2018). It's true that male smokers have 23 times the risk of developing lung cancer as non-smokers, yet fewer than 10 percent of chronic smokers will actually get it. And what about non-smokers who get lung cancer?

Another source of cancer is radiation. Radon gas, cell phones and nuclear accidents used to be thought of as obvious causes but, even here, evidence is hit and miss. Winnipeg has the highest radon levels of 18 Canadian cities but researchers came up cold when they tried to correlate that with the incidence of lung cancer there. And while cell phone use has increased, the annual age-adjusted incidence of malignant brain tumors (which is low anyway, 6 cases per 100,000 people) is actually decreasing. Even the 1986 Chernobyl radiation release didn't cause the anticipated wave of cancer deaths: 20 years later, some 4,000 cancer deaths — less than 1 percent — have been recorded among the 600,000 workers and residents who received the highest exposures.

Next week we'll look at one common cancer — prostate — to see why screening and treatment are so controversial. ●

Barry Evans (barryevans9@yahoo.com) worries that he should be more worried about his health.



Some four million cells are cloned in our bodies every second and a single mutation can initiate cancer. Shutterstock/Holly Harvey

CROSSWORD by David Levinson Wilk

1	2	3		4	5	6	7	8	9	10		11	12	13
14				15								16		
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				51		52				53				
54	55	56								57		58	59	60
61										62				
63										64				

SNOWGLOBE • ANSWERS NEXT WEEK!

- ACROSS
1. Many promgoers: Abbr. (3)
4. "South Pacific" song (7)
11. _____ smear (3)
14. Prefix meaning "same" (3)
15. Not-so-great poker holding (7)
16. _____ Khan (Islamic title) (3)
17. Org. for docs (3)
18. Fictional country in "Black Panther" (7)
19. Gym unit (3)
20. Purity units (6)
22. Like an ass (6)
24. How some hearts are broken (5)
25. Navy rank below capt. (3)
28. Brass or woodwind: Abbr. (5)
29. Guitar part (4)
30. Butterlike spreads (5)
32. Grub (4)
33. "Today" rival, in brief (3)
34. Subtle differences (7)
36. Land west of Eng. (3)
37. Computer addresses, for short (3)
38. Backhand and forehand, e.g. (7)
39. My _____, Vietnam (3)
40. English war god (3)
41. Simultaneously (7)
42. 1987-94 "Star Trek" series, briefly (3)
43. _____ Mountains (range east of Moscow) (4)
45. Put up with (5)
46. Vincent van _____ (4)
47. Attacks from a snow fort, say (5)
49. Lennon's love (3)
50. Words to live by (5)
51. Item suggested visually by the black squares in this puzzle's grid (9)
54. Common word in insurance company names (6)
57. Peter (out) (6)
61. Bad way to be caught (6)
62. Unencumbered by (6)
63. Halloween personae (6)
64. Promo team (6)
5. Words to live by (5)
6. Albanian currency (3)
7. Brewpub offering, for short (3)
8. Ben Solo's father (3)
9. Many a staffer (4)
10. Neighbor of a Syrian (5)
11. Socialite with a perfume named "Heiress" (11)
12. Weapon used in the Vietnam War (11)
13. 52-Down's function, to some (11)
21. Parrot's cry (3)
23. Cuz's father (3)
25. She became the "It" girl after starring in the 1927 movie "It" (8)
26. Meaning (8)
27. Many a Rolling Stone cover subject (8)
30. "Straight _____ and Ortiz (4)
31. Dreaded classroom note (5)
34. "Snowden" org. (3)
35. NNW's opposite (3)
44. Shipmate of Capt. Kirk and Mr. Spock (6)
46. Old, crotchety guy (6)
48. Symbol of slowness (5)
50. Car in the Beach Boys' "Fun, Fun, Fun" (5)
52. Cheers for toreadors (4)
53. Like water _____ duck's back (4)
54. Cold War flier (3)
55. Durham sch. (3)
56. Eastern "way" (3)
58. The Hudson's Tappan _____ Bridge (3)
59. Chop (off) (3)
60. Fluffy trio? (3)
- DOWN
1. Using, as most kids do, a 52-Down (11)
2. Edward Gibbon's subject (11)
3. Dress code for some workplaces (11)
4. Greet with humility (5)
5. Actresses Gasteyer

LAST WEEK'S ANSWERS TO OUT OF ORDER

J	C	R	E	W		S	A	R	A	H		F	A	T		
A	L	B	E	E		P	S	A	L	M		R	U	E		
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				A	E	R	O					S	T	U	B	
			C	L	A	R	E	N	C	E	S	H	O	T	M	A
C	O	I	F	E	D				R	U	I	N	I	N	G	
R	H	E	A			B	A	R	R	Y						
Y	O	U	R	E	O	U	T	O	F	O	R	D	E	R		
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su | do | ku

© Puzzles by Pappocom VERY EASY #99

3				9				8		5
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7						3	2			6
			6	5		1			8	7
				1		8		4		
5	7			3		6	2			
		6			4	7				1
		5						3	7	4
1			7					5		3

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Employment

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For more information
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SUPERVISOR, FULL TIME**
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Some latitude is granted for the exercise
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Application packets must be received
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The Recovery Support Specialist facilitates
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Maggie Kraft, MSW, Executive Director,
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RG/FT EUREKA/KLAMATH \$25.12-35.96 1/18/19

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#1074 CONSTRUCTION MANAGER

RG/FT WEAVERVILLE \$30.19-39.39 2/1/19

#1078 CULTURAL RESOURCE SPECIALIST

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#1081 SOCIAL WORKER

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RG/FT KLAMATH \$16.91 1/18/19

#1083 TRANSIT MANAGER

RG/FT TULLEY CREEK \$52,250-64,260 1/18/19

#1084 ASSOCIATE GENERAL COUNSEL

RG/FT KLAMATH \$62,795-92,042 1/18/19



MARKETING DIRECTOR Marketing Director to expand marketing capacity for large regional non-profit including outreach/public relations/event planning
Wage: \$55k-82.5K/yr DOE
Hours: Full Time Benefitted
Location: HSU Campus, Arcata
Deadline: February 15, 5pm
For details visit: <https://hraps.humboldt.edu/other-employment>
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Apply at: 2370 Buhne Street, Eureka
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CITY OF ARCATA JUVENILE DIVERSION COUNSELOR I/II

I – 55,946-68,003/yr. • II – 64,338-78,203/yr.

Filing Deadline: 4 pm January 25, 2019

Are you an experienced counselor working in a field with direct service provision to juveniles and families?

This rewarding opportunity builds relations with social, legal and education agencies in the collaboration of providing services to youth and families in the Northern Humboldt community.

The selected candidate will be hands-on in developing and maintaining an effective program and being a self-starter is paramount. EOE

For full job description, salary range detail and generous mid-management benefits info, please visit www.cityofarcata.org/jobs or Arcata City Hall, 736 F Street, Arcata.



K'ima:w Medical Center

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

TRIBAL WELLNESS PROJECT COORDINATOR
DEADLINE TO APPLY IS 5 PM, JANUARY 23, 2019.

DIABETES CLERK/DATA COORDINATOR
DEADLINE TO APPLY IS 5 PM, JANUARY 23, 2019.

CERTIFIED DATA ENTRY CLERK (MEDICAL CODER)
DEADLINE TO APPLY IS 5 PM, JANUARY 16, 2019

DIRECTOR OF NURSES - DON
SENIOR RADIOLOGICAL TECHNOLOGIST
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PHYSICIAN
DENTAL HYGIENIST
RN (MEDICATION-ASSISTED TREATMENT)
RN CARE MANAGER

CERTIFIED ALCOHOL AND DRUG COUNSELOR

ALL POSITIONS ARE OPEN UNTIL FILLED,
UNLESS OTHERWISE SPECIFIED

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email:

hr.kmc@kimaw.org for a job description and application.

Resume and CV are not accepted without a signed application.

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Area 1 Agency on Aging

Can you help a Senior

"Our Mandate and Mission is to advocate for dignity, quality of life, and quality of care for all residents in long-term care facilities"

WHAT: You can change a life with just a few hours each month.

WHO: YOU - Become an Ombudsman. We are highly trained advocates for residents living in Skilled Nursing Homes and Residential Care Facilities for the Elderly.

WHY: Ombudsman advocate for residents of long term care facilities in Humboldt and Del Norte counties; we empower those who are unable to protect their own rights, we assist those who are unable to speak for themselves and we educate the community about the rights of the elderly.

HOW: Ombudsman are State-certified volunteers trained to objectively investigate complaints and solve problems for residents. The Ombudsman makes regular visits to the long term care facilities to monitor the quality of care provided to these residents. When necessary we work closely with regulatory agencies and local law enforcement agencies.

WHEN: We ask that volunteers commit to visiting their assigned facilities a minimum of twice per month for the Skilled Nursing facilities and minimally once per month for the Assisted Living facilities. The schedule is set by the volunteer.

There is mandated 36 hour classroom/home study training along with an additional 10 hours working in the facility with a senior volunteer.

If you are interested in helping these special seniors please call:

Ombudsman Program
Suzi Fregeau, 707-269-1330

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Tri-County Independent Living (TCIL) is a community-based, non-residential, non-profit, multicultural organization providing services to persons with disabilities to enhance independence.

Are you looking for meaningful, fulfilling work with benefits? We have it!

Outreach/Volunteer/Youth Coordinator, Full-time, Permanent

Outgoing, highly organized, self-starting "people person" sought to initiate and operate programs for outreach, volunteers and youth with disabilities. Compensation: \$14-\$16/hr. DOE.

TCIL is expanding and has this new position:

Office Manager-Temporary

Manages day-to-day Human Resources and Administrative operations. 4 days/32hrs wk through Sept. 30, 2019, with the possibility of becoming a permanent position depending on funding availability. Compensation: Competitive pay DOE.

Excellent medical, dental, sick leave, vacation and holiday (12 + 2 floating) benefits. For information on how to apply, application and position descriptions go to www.tilinet.org.

OPEN UNTIL FILLED

People with Disabilities strongly encouraged to apply. Alternative format will be provided upon request. EOE.

open door Community Health Centers

NOW SEEKING:

Referral Coordinator

Open Door Community Health Centers is looking for a Referral Coordinator. Referral Coordinators help patients connect with community resources such as specialists and labs.

This position processes external referrals, working with multiple offices and assisting with referrals/appointment information for patients. Referral Coordinators connect directly with patients to help achieve and maintain better health and health care for all.

Open Door is looking for an individual who has office/computer experience, strong written and verbal interpersonal skills and the ability to complete tasks as needed.

This position needs an individual who has the ability to prioritize and multi-task, one year related experience and/or training in a medical setting preferred. Position Available in Arcata.

For details and online applications, visit:
opendoorhealth.com



Community radio station KMUD seeks full-time STATION MANAGER

(32 hr.wk.) to manage \$500,000 budget. Supervise staff and independent contractors. Work with large pool of volunteers. Oversee finances. Report to board of directors.

Must have management experience, strong fundraising and financial management skills, ability to work with diverse groups, commitment to community, and strong interpersonal and communication skills.

Radio experience preferred, including knowledge of FCC and CPB regulations. Full job description on KMUD homepage at kmud.org.

Submit resume to hiring@kmud.org by **January 25**.



Northcoast Children's Services

CHILDREN'S MENTAL HEALTH COORDINATOR, Arcata

Support children, families & staff in a preschool/playgroup setting by observing, providing consult & develop behavior plans. Train parents & staff on social/emotional skills development. Req. BA or BS degree in Child Mental Health, Child Development, or related field. MSW/LCSW prefer. 4 yrs. exp. in 0-5 children's prog. F-T (partial yr, 8-wk layoff): 40 hrs/wk (Mon-Fri); \$960.98-\$1,009.03/per wk. Open Until Filled.

CLASSROOM ASSISTANT, Eureka

Assist center staff in the day-to-day operation of the classroom for a preschool prog. 6-12 ECE units prefer or enrolled in ECE classes & have 6 months exp. working w/ children. P/T 25 hrs/wk. \$12.15-\$13.40/hr. Open Until Filled.

HOUSEKEEPER, Fortuna

Perform duties required to keep site clean, sanitized & orderly. Have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety req. P/T6 hrs/wk. \$12.15/hr. Open Until Filled.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application please call 707- 822-7206 or visit our website at www.ncsheadstart.org



"Healthy mind, body and spirit for generations of our American Indian Community."

Join our dynamic team and support the UIHS vision!

This week's featured jobs:

HR Supervisor FT – Arcata

This is a great opportunity for an HR Generalist ready to take the next step. You will assist the HR Director with all functions within human resources with a primary focus on management of benefits programs, leaves of absence, policies, procedures, job descriptions, employee relations, new employee orientation and HR personal files accuracy and integrity. You will be the primary point of contact in the absence of the HR Director, coordinate with the Recruiter, and supervise the HR Administrative Assistant. We are at the start of a review and enhancement of all our HR programs so be ready for a fast paced adventure.

RN/Clinical Nurse FT – Arcata

Assist in the day-to-day operations of the clinic by providing appropriate and culturally sensitive care to UIHS clients. Utilizes good teamwork and communication skills to maintain positive relationships. Requires valid CA RN license.

Registered Dental Hygienist PT – Arcata

Provide general preventative dental care designed to preserve teeth and prevent the spread of oral disease. Perform full professional dental oral prophylaxis exam including preliminary exam, charting and preventative education.

Public Health Nurse/ RN FT – Elk Valley

Assist the Public Health Nurse Manager to administer community health care programs that meet the health needs of UIHS. Visit homes to determine and develop plan to meet needs of client and family. Provide needed community nursing services. Requires valid CA RN license.

Van Driver for Elder Nutrition PT – Smith River

Drive bus/van to transport Elders to and from the congregate meal site. Deliver meals to clients in the Title VI Elder Nutrition Program. Assist clients with transportation needs and Title VI program requirements. Perform necessary functions for maintenance of vehicle and records. Requires valid CA driver's license.

Our job application and all of our open opportunities with full job descriptions are on our website unitedindianhealthservices.org/jobs. Email application, cover letter and resume to UIHS-Recruiting@cuihb.org

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\$11,521
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#176383



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2016 Nissan Sentra
55,629 miles
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2016 Hyundai Accent
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#994518



\$13,992
2016 Hyundai Elantra
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#776035



\$14,995
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20,595 miles
#250909



\$15,269
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31,332 miles
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#20542t4



\$17,495
2017 Chevy Cruze
19,031 miles
#609813



\$18,995
2017 Dodge Grand Caravan
41,187 miles, #671219



\$19,995
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\$19,995
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35,944 miles
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\$20,995
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2015 Honda Civic EX-L Leather, Moonroof #47418 \$15,995
2015 Toyota Prius C Nav, Moonroof! #48918 \$15,995
2011 Chrysler 300 Ltd Nav, Leather, BU Cam #35018 ... \$15,995
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2017 Toyota Corolla LE Back-Up Cam, 36 MPG, 1-OWNER #44918 ... \$15,995
2016 Ford Fusion Back-Up Cam, 34 MPG, SHARP! #42918... \$15,995
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2016 Nissan Sentra 38 MPG Great Gas Saver! #44718 \$13,995
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2010 Toyota Highlander SE AWD 3rd Row #40218 \$15,995
2016 Jeep Compass 4x4 Like New! #18318 \$15,995
2009 Acura MDX SH-AWD 3rd Row, Leather #37918 \$14,995
2005 Toyota Sequoia Limited 3rd Row, Nav #33618 \$10,995
2005 GMC Yukon SLE 5.3L V8, Leather, NICE! #03217 \$8,995

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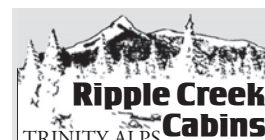
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Home & garden improvement experts on page 26.



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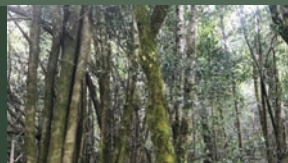


MAD RIVER – LAND/PROPERTY - \$479,000

±40 Acre remote parcel with interim permit for 9,606 of mixed light cultivation, cabin, green houses, and more!

WEITCHPEC – LAND/PROPERTY - \$199,000

±108 acres w/ Klamath River access, spring, lg open meadows, timber & logging roads throughout.



MAD RIVER – LAND/PROPERTY - \$725,000

2/1 home on ±118 Acres w/ PG&E, spring, creek, well, barn, shop. Permits in process for 10K OD.

SHOWERS PASS – LAND/PROPERTY - \$250,000

±80 Acres w/timber, spring-fed pond, terraced flats. 20,000 sf RRR space.



MAD RIVER -HOME ON ACREAGE - \$205,000

Country home w/ open floor plan, wood vaulted ceilings, & wood stove. Well water and outbuildings with power.

KNEELAND – LAND/PROPERTY - \$699,000

±40 Acres featuring interim permit for 7,500 OD & 2,500 ML, meadows, outbuildings & more!



REDUCED PRICE!



MAD RIVER – HOME ON ACREAGE - \$350,000

±10 Acres w/ 2 bed 1 bath 1200 sq ft home. Parcel features flats, outbuildings, water storage, and creek on site.

WILLOW CREEK – LAND/PROPERTY - \$325,000

±80 Acres w/year-round creek, flat, mountain views. Permit app for 17,500 sf OD and 2500 sf ML.



REDUCED PRICE!



ALDERPOINT – LAND/PROPERTY \$395,000

±70 Flat acres w/ .5 mile of Eel River frontage featuring cabin, outbuildings, power, meadows, and views!



NEW LISTING!

ALDERPOINT – LAND/PROPERTY - \$795,000

±6 Acre turn key farm w/ State & County Interim permit for 20k OD and 4k ML! Complete with PG&E, community water, pots & greenhouses!

FERNDALE – LAND/PROPERTY - \$1,250,000

±80 Acres w/ State approved and County stamped permit for 22,000 sq ft ML and 6,400 sq ft OD cultivation space!



NEW LISTING!

FERNDALE – LAND/PROPERTY - \$1,250,000

±80 Acres w/ State approved and County stamped permit for 22,000 sq ft ML and 6,400 sq ft OD cultivation space!

3820 THOMAS ROAD, SALMON CREEK – HOME ON ACREAGE - \$749,000

±120 acres w/ three cabins nestled in the hills of Salmon Creek w/orchards, water sources, solar, and much more!



RUTH – HOME ON ACREAGE - \$749,000

±40 Ac w/ views of Ruth Lake, meadows, well, 4/3 home, deck, garage. Permit app for 10K outdoor.

FERNDALE – LAND/PROPERTY - \$385,000

±110 Acres close to Ferndale featuring spring, open meadows, developed flats, & small cabin.



SOMES BAR – LAND/PROPERTY - \$130,000

±60 Acres w/ large flats and mature timber! Beautiful views, great water, and easy access.

691 GREENHORN DRIVE, COVINGTON MILL - \$249,900

Meticulously maintained 3/1 cabin and large shop on over half an acre. Just a few minutes drive from Trinity Lake!



NEW LISTING!



GREENWOOD HEIGHTS – LAND/PROPERTY - \$550,000

3 bed/3 bath custom home on 3.5 acres w/ vaulted ceilings, fireplace, garage, paved driveway, and shop.

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